

Ulcerative Colitis Daniel, Fife, Scotland



Daniel is 29 years old and currently studying for his PhD in Chinese Politics at Glasgow University. He was 20 when he got the first indications that he might have Ulcerative Colitis.

The clear symptom of Ulcerative Colitis – bloody diarrhoea – emerged when he gave up smoking in his early twenties. Blood tests were performed when he needed a travel visa for a study trip to China and he was found to be seriously anaemic. On his return from China, Daniel was referred to a well-established IBD Service, but had to wait for six months for his first appointment. Various diagnoses were considered, including gluten sensitivity, Crohn's Disease and Ulcerative Colitis. The latter was found to be Daniel's problem and he was referred to NACC by his gastroenterologist for further support and information.

Daniel considers the care that he receives at his hospital is second to none and particularly appreciates the IBD specialist nurses who assist him to self-manage his condition. With just two flares over the last few years, Daniel is good at spotting the early warning signs and increases his mesalazine dose accordingly. He is far less enthusiastic about steroids, with the slow and often unpleasant task of weaning himself off them over the post-flare period.

Daniel recalls that during his early illness and before he had received a diagnosis, his social life was badly affected, largely due to the unpredictable bowel pattern and urgency associated with his condition. Needing to know the exact location of the nearest toilets often caused him to stay at home in the evening. Now, his much improved health means he can go out in the evenings with confidence.

Messages:

- [Bloody diarrhoea and urgency are key symptoms of Ulcerative Colitis](#)
- [Ulcerative Colitis sometimes develops after people give up smoking](#)
- [Ulcerative Colitis often affects young people and can affect studies as well as social life](#)
- [Specialist IBD nurses enable patients to manage their condition more effectively](#)
- [Ulcerative Colitis can usually be controlled with effective medication.](#)