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궤양성 대장염의 진단 및 치료

Diagnosis and Treatment of Ulcerative Colitis

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(1, 2).

가

(3~5). 20 30 , 60

80

, ()

, 가

Abstract

Ulcerative colitis is idiopathic, chronic inflammatory bowel disease occurring usually in the rectum and the lower part of the colon. Bloody diarrhea and abdominal pain are the common symptoms. The clinical course of the disease can be acute or chronic with unpredictable relapses and remissions. The definition of the distribution and pattern of disease is important for the establishment of treatment strategy in the active phase as well as for the maintenance of remission. The current therapies include 5 - aminosalicylic acid (5 - ASA), corticosteroids, and immunosuppressive agents.

Keywords : Ulcerative colitis;

Inflammatory bowel disease;

Diarrhea; 5 - ASA; Corticosteroid

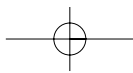
: ; ; 5 - ASA;

가 10% (6).

(7).

가

가



3.

(8).

1.

가,

(1~5, , 가

9). 14~20%

2/3

가 , 가

가

가

haustra , ,

4.

(11, 12).

knee - chest position

가 (8, 10).

2.

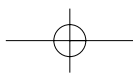
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ESR, (mucosal highlighting)

CRP,

pANCA(60~70%) ASCA(10~15%)



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1.

	Mild	Moderate	Severe
Bowel movement	< 4 per day	4 ~ 6	> 6 per day
Blood in stool	Small	Moderate	Severe
Fever	None	< 37.5 mean	> 37.5 mean
Tachycardia	None	< 90 mean pulse	> 90 mean pulse
Anemia	Mild	> 75%	75%
ESR	< 30mm		> 30mm
Endoscopic appearance	Erythema, decreased vascular pattern, fine granularity	Marked erythema, coarse granularity, absent vascular markings, contact bleeding, no ulcerations	Spontaneous bleeding, ulcerations

가

(15)

5.

가

가

(crypt abscess)

(grading)

- Grade 0 - Normal mucosa
- Grade 1 - Loss of vascular pattern
- Grade 2 - Granularity, nonfriable mucosa
- Grade 3 - Friability on rubbing
- Grade 4 - Spontaneous bleeding, ulceration

6.

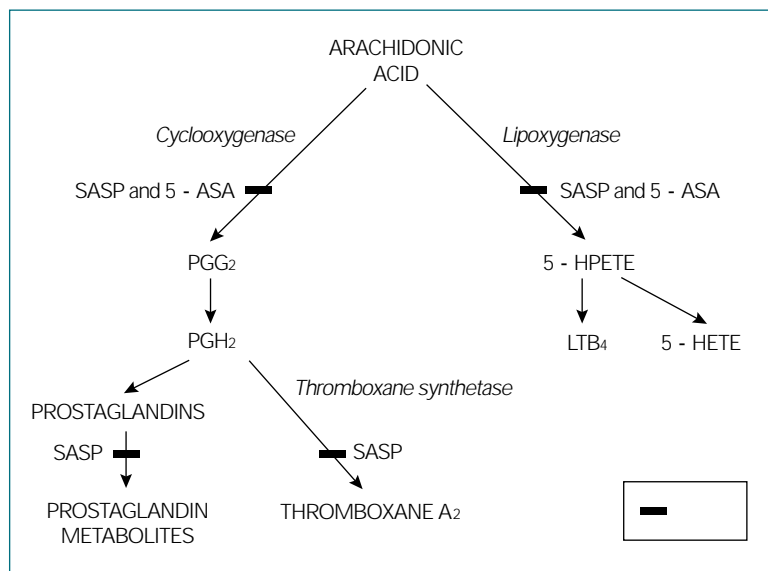
(1).

가

(8)

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1. Sulfasalazine (SASP) 5 - aminosalicylate (5 - ASA) arachidonic acid metabolism

diphenoxylate, loperamide, codeine, anti-cholinergics

Sulfasalazine

5 - ASA

aspirin cyclooxygenase arachidonic acid prostaglandin

(1).

prostaglandin

prostaglandin 가

indomethacin

prostaglandin

prostaglandin

가

prostaglandin

가 sulfasalazine

arachidonic acid

leukotriene

. Sulfasalazine

1) Sulfasalazine 5 - aminosalicylic Acid (5 - ASA)

Sulfasalazine sulfapyridine 5 - ASA가 azo bond 20~30%

5 - ASA lipoxygenase

LTB₄

. Sul-

2. Sulfasalazine 5 - Aminosalicylic Acid

Drugs	Delivery method	Dose	Systemic absorption of 5 - ASA
Sulfasalazine(Azulfidine, Salazopyrin)	Colonic bacterial azo reductase	2~4g	12~26%
Olsalazine(Dipentum)	Colonic bacterial azo reductase	1g	5~22%
Balsalazide(Colazide)	Colonic bacterial azo reductase	3g	35%
Mesalamine(Asacol, Salofalk)	Euragit - S or L; release at pH > 7	800~2,400mg	16~54%
Mesalamine(Pentasa)	Ethylcellulose microgranules	1,500~4,000mg	23~36%
Mesalamine enema(Rowasa)	Directly available	4g	
Mesalamine suppositories(Rowasa, Salofalk)	Directly available	500mg	

fasalazine 5 - ASA cyclooxygenase lipoxyge- 3
 nase indomethacin cyclo- sulfapyridine 5 - ASA
 oxygenase . sulfa- sulfasalazine corticosteroid
 salazine 5 - ASA lipoxygenase
 . lipoxygenase 5 - ASA sulfasalazine
 가 sulfapyridine
 , , (2).
 Sulfasalazine 5 - ASA
 .
 sulfapyridine (> 50µg/Ml) 5 - ASA azo bond
 가 (slow - acetylator) , (Dipentum, Olsalazine) 5 - ASA 4 -
 , , . 1 4g aminobenzoyl - - alanine azo bond
 , , (Balsalazide) sulfasalazine 가
 . azo bond가 5 - ASA가
 . Olsalazine 5%
 10%
 . sulfapyridine pH Eudragit -
 S (Asacol), Eudragit - L
 , 가 , (Salofalk), (Pentasa)가
 . mesalamine mesalazine
 . Sulfasalazine . Asacol pH 7
 , Salofalk Pentasa pH 6 .

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Pentasa 35%

가
Sulfasalazine

Corticosteroid

가, , ,

, , ,

sulfasalazine

T

5 - ASA sulfasalazine

, IL - 2 T

5 - ASA (4g)

300 ~ 400/cm³ 50/cm³

. 5 - ASA

가

4 ~ 6

가

24

. Sulfasalazine

. 5 - ASA

, 1

IL - 1

IgG Fc C3b

sulfasalazine

collagenase, elastase, plas-

sulfasalazine 가 가

minogen activator

가

5 - ASA (500mg, 1g)

가 .

가

lipomodulin 가

2) Corticosteroids

phospholipid arachidonic acid

Corticosteroid

leukotriens prostaglandins

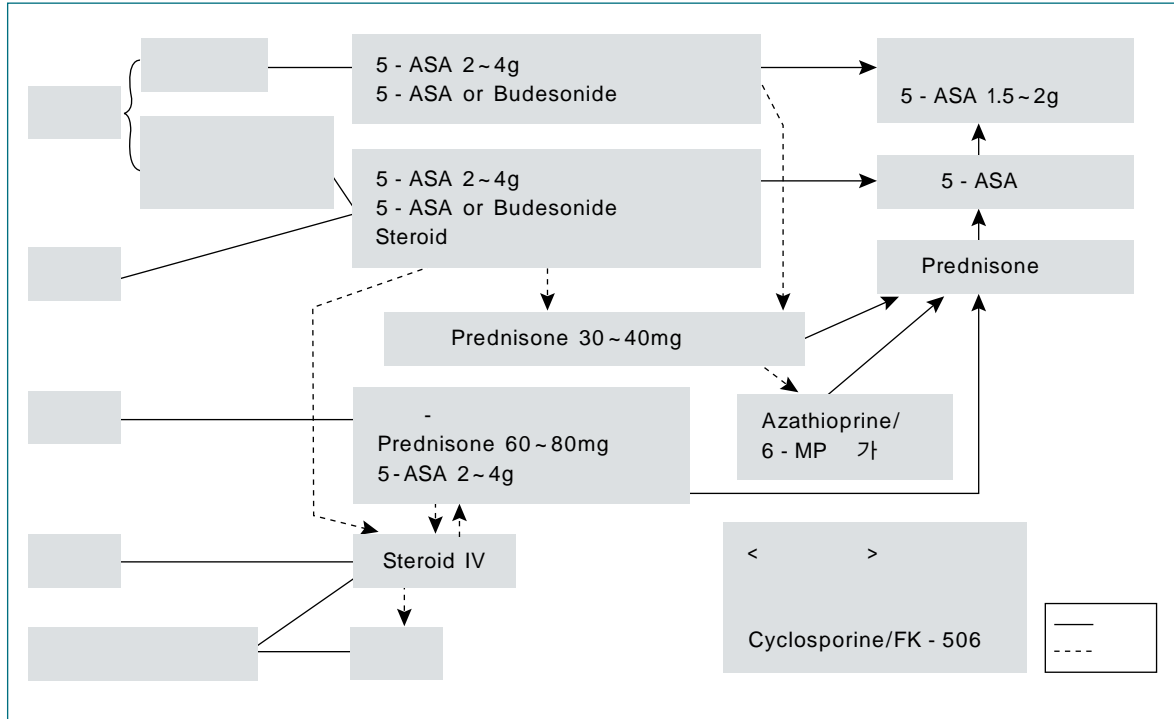
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3)

. azathioprine 6 - mercapto-
 purine(6 - MP), cyclosporine .
 . Azathioprine 6 - MP
 6 - thioguanine nucleotides(6 - TGN)
 가 . 6 - TGN 가
 . 3
 Corticosteroid 가 가 sulfa- 4 가
 salazine 5 - ASA . Azathioprine 1.0~3.0mg/kg/ , 6 - MP
 . 가 1.5mg/kg/ .
 가 (20~44mg/kg, 36 50mg)
 (ACTH) (50~100mg/)
 corticosteroid . ACTH 가 . Azathioprine 6 -
 가 . MP , 가
 prednisone 40~ 가 .
 60mg 2/3 2
 . 가 . . Aza-
 hydrocortisone, ethylprednisolone, thioprine 6 - MP 가
 betamethasone 2~3 1 CBC .
 100mL 80% . 15% , (3.3%),
 75% (2%), (2%), (7%)
 가 .
 fluticasone, beclo- Cyclosporine 가 (15)
 methasone dipropionate, tixocortol pivalate, pred-
 nisolone - 21 - methasulphobenzoate, budesonide . Cyclosporine
 . (4mg/kg/)
 가 . 11 9
 budesonide가 9
 S Entocort(2.3mg bu-
 desonide/100mL)가 . 76~82% 60%

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2.

ciprofloxacin(500~750mg, 1 2)

가 . cyclosporine 가
creatinine 가 .

5)

4)

(immunomodulator)

. (anti - TNF) CDP571
. Acemannam
IL - 1, IL - 6, TNF, G - CSF, GM - CSF, IL -
1ra 가 .

metronidazole 가 heparin
prednisone mesalamine 6 가 가

4
가 가 tenema) (Cortifoam
Protofoam - HC) 가 가
2~3 가 2
(transdermal nicotine)
가 5 - ASA (Rowasa Salofalk)
IL - 2 2~3
60cm S
1 11~25mg 39~47% 가 ,
가 가 20cm
29% 가 가 sulfasalazine 5 - ASA
Butyrate (short - chain faaty acid) . Sulfasalazine 500mg
Butyrate 2 1 3~4g
56~90% . S 5 - ASA Asacol 800mg 1
5 - ASA 4.8g . Sulfasalazine 5 - ASA
가 3~4 가
Corticosteroid 5 -
ASA sulfasalazine 5 - ASA
sulfasalazine , 5 - ASA
가 sulfasalazine 5 - ASA
corticosteroid
3. prednisone 30~40mg
corticosteroid
/ 5 - ASA , / / cortico- 6 - MP 6 - MP
steroid (2).
cyclosporin
1) 가
가
2)
corticosteroid (Cor- S

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100~400ng/ml
sulfasalazine 5 - ASA . Cyclosporine 7 ,
가 cyclosporine(8mg/kg/)
, 3~4 가 . 5~6 .
가
, sulfasalazine 5 - ASA 4)
4 corticosteroid
, prednisone 1 40mg 6 1 15mg prednisone
가 . 6 - MP
3 azathioprine .
, 1~2 5mg 6 - MP
1 20mg 가 50mg 1.5~2.0mg/kg/
sulfasalazine 3 4
5 - ASA .
6
3)
가
corticosteroid . 1 3 .
5)
가
가
가 . Sul-
1 hydrocortisone 300mg, prednisolone fasalazine 1 2g 4g
60~80mg, methylprednisolone 48~60mg
. 7 10 . Sulfasalazine
cyclosporine 5 - ASA(Asacol 1.2~2.4g Olsalazine
. Cyclosporine 4mg/kg/ 1g) . 5 - ASA 가

가 sulfasa-
lazine 5 - ASA 가

. 5 - ASA
. S

sulfasalazine 5 - ASA .
.

4.

, 가 ,

,
(16~18). , ,

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,

(haustra)

가 .

,

.

/ 5 - ASA

, / / corticosteroid

/ 5 - ASA

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