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## Demographic profile and clinical presentation of ulcerative colitis in Trimurti hospital from 2007 to 2014

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**Background:** There is paucity of clinical and demographic information of ulcerative colitis (UC) in rural area of Gujarat.

**Objective:** To provide clinical and demographic data of UC patients.

**Methods:** A review was performed in all cases of ulcerative colitis patients in the hospitals from 2007-2014 by retrieval from medical record department. The diagnosis of UC was based on a combination of clinical, endoscopic and histological findings consistent with UC. This study focused on food habits which included self identified food triggers and tobacco chewing. Along with this extraintestinal manifestation were also taken into account. As the duration of study was quite long and data were obtained by primary questionnaire and follow up. Patients were asked to come to hospital for filling up a questionnaire which included their current disease condition tobacco chewing habits, smoking history food habits, presumed food triggers analysis was performed using the Microsoft Excel and Graphpad prism.

**Results:** A total of 47 patients with UC consulted over the 80 years study period (2007-2014). The mean annual incidence of UC from 2007-2014 was 17.9 new cases: 100,000 new consults per year. An increase in the mean annual incidence from 9.9 in 2007-2010 to 25.9 in 2011-2014 was noted. 29.8% patients were chronic regular tobacco chewer, 2.1% were regular smokers and 2.1% patient consumed alcohol regularly. There were 17% patients with family history of UC. Astonishing fact is that none of the patient required surgical intervention and their symptoms are usually controlled by medicines therapy. None of the patients had gut obstruction, massive intestinal bleed or toxic megacolon. Mean ESR compared for both the groups was statistically significant. Weight loss and anemia were one of the key features of UC patients. Extraintestinal manifestation: 8.6% had episcleritis, 23.4% patients had mouth ulcers, 2.1% patients had erythema nodosum and 17% (8) patients had complain of hairfall and itching. 31.9% patients had pain while defecation and could not sit longer, who were later diagnosed with sacroilitis. None of the patient had colingitis.

**Conclusion:** The incidence of UC in our study is higher than Indian and other Asian country estimates but our rates may be an overestimation of the true regional incidence since our hospital and associated centers are referral centers. Clinical presentation is similar to neighboring state and countries except for higher appearance of extraintestinal symptoms and no surgical intervention. Extensive research is required to understand food habits, tobacco chewing and reason or pattern of high incidence of disease in this region.

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## Nucleic acid polymers: Antiviral mechanisms and application in the treatment of chronic HBV and HBV/HDV infection

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**N**ucleic acid polymers (NAPs) are a newly emerging antiviral technology for the treatment of chronic HBV infection and HBV / HDV co-infection. NAPs have the unique ability to clear HBsAg from the blood of human patients, a critical step in achieving a functional cure in HBV and HBV / HDV infection. Current mechanistic data underlying the basis for this unique antiviral effect of NAPs as well as updated clinical data from trials using NAP-based combination therapy in patients with chronic HBV infection and HBV / HDV co-infection will be presented.

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