

## Clinical indices

### Mayo score – Disease Activity Index

The Mayo score ranges from 0 to 12, with higher scores indicating more severe disease. This score can be used for both initial evaluation and monitoring treatment response.

The original score includes endoscopic appearance: see page 23. Later modifications has excluded endoscopy. However, here is the original score presented.

Score	Stool	Rectal bleeding	Endoscopic findings	Physicians Global Assessment
0	Normal number of stools for patient	No blood seen	Normal or inactive disease	Normal
1	1 to 2 stools per day more than normal	Streaks of blood with stool less than half the time	Mild Disease (erythema, decreased vascular pattern, mild friability)	Mild Disease
2	3 to 4 stools more than normal	Obvious blood with stool most of the time	Moderate Disease (marked erythema, absent vascular pattern, friability, erosions)	Moderate Disease
3	≥ 5 stools more than normal	Blood alone passes	Severe Disease (spontaneous bleeding, ulceration)	Severe Disease

Interpretation: Points: 0–1: Normal; 2 to 5: Mild disease; 6 to 9: Moderate disease; 10 to 12: Severe disease

Reference: Schroeder KW, Tremaine WJ, Ilstrup DM. Coated oral 5-aminosalicylic acid therapy for mildly to moderately active ulcerative colitis. N Eng J Med. 1987;317:1625–1629.