

Mayo Score and Modified Mayo Endoscopic Score (MMES)

One of the most commonly used indexes to assess ulcerative colitis (UC) disease activity, the Mayo Score rates bleeding, stool frequency, physician assessment, and endoscopic appearance. The Modified Mayo Endoscopic Score (MMES) focuses on endoscopic activity in UC, evaluating both the severity and distribution of mucosal inflammation among five colon segments.

Mayo Score

| Component | Score |
|--------------------------------------|----------|
| Stool Frequency* | ___ / 3 |
| Rectal Bleeding ⁺ | ___ / 3 |
| Mucosal Appearance at Endoscopy | ___ / 3 |
| Physician Rating of Disease Activity | ___ / 3 |
| Mayo Score Total | ___ / 12 |

*A stool frequency score of 3 requires an increase of more than 4 stools a day.

+ A rectal bleeding score of 3 requires visible blood with at least 50% of bowel motions and at least one bowel motion with blood alone.

Modified Mayo Endoscopic Score (MMES)

| Colonic Segment | Mayo Endoscopic Subscore (MES)* |
|--|---------------------------------|
| Rectum | ___ / 3 |
| Sigmoid | ___ / 3 |
| Descending colon | ___ / 3 |
| Transverse colon | ___ / 3 |
| Ascending colon | ___ / 3 |
| Modified score (MS; MES sum) | |
| Maximal extent (measured in dm) | |
| Extended modified score (EMS; MS x maximal extent) | |
| MMES (EMS/count of segments with MES >0) | |

*Evaluated for the macroscopically most severely inflamed part.

References

- Lewis JD, Shaokun C, Nessel L, et al. Use of the non-invasive components of the Mayo score to assess clinical response in ulcerative colitis. *Inflamm Bowel Dis*. 2008;14(12):1660-1666.
- Lobatón T, Bessissow T, De Hertogh G, et al. The Modified Mayo Endoscopic Score (MMES): a new index for the assessment of extension and severity of endoscopic activity in ulcerative colitis patients. *J Crohn's Colitis*. 2015;9(10):846-852.