

What is diverticulosis?

Diverticulosis is when you have pouches in the colon that bulge out. These pouches are called diverticula. They are caused by pressure in the colon that weakens the bowel wall. Not eating enough fiber, not exercising enough, and taking nonsteroidal anti-inflammatory drugs like ibuprofen can cause diverticulosis.

What is diverticulitis?

Diverticulitis is when diverticula are inflamed or infected in one or more small pouches in the digestive tract. Diverticulitis can be very painful.

What are the symptoms?

Symptoms vary and can include stomach pain (usually on the left side), fever, constipation or diarrhea, and nausea.

How is it treated?

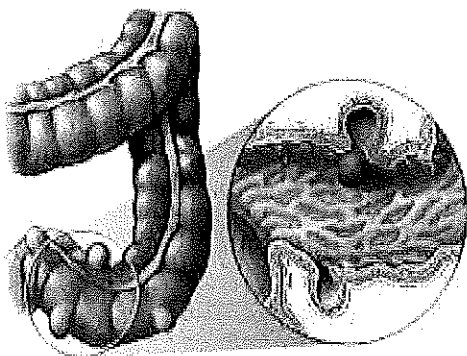
If you have mild diverticulitis, your doctor may send you home. Some patients may require antibiotics.

Can diverticulitis come back?

Yes, but in most people diverticulitis does not come back. You can decrease your chances of getting diverticulitis again by eating a lot of fiber. Fruits, vegetables, whole grains, and beans are high in fiber. Exercising, losing weight if you are overweight, and stopping smoking if you smoke also decrease your chances of getting it again.

Should I avoid certain foods?

Although it was once thought that certain foods (nuts, seeds, or popcorn) may get stuck in the diverticula and cause inflammation, new research proves this is not true. You no longer need to avoid these foods.



#ADAM