

Diverticulitis

This condition occurs after little pouches called diverticula that form in the lining of the digestive system become inflamed. This most commonly occurs in the lower section of the large intestine. Diverticula do not typically cause issues and are common over 40 years of age. However, when they do become inflamed or infected it is referred to as diverticulitis and can be extremely uncomfortable.

Signs and symptoms that are commonly experienced may include:

- Changes in bowel habits
- Nausea and vomiting
- Fever
- Abdominal pain (usually in the lower left side of the abdomen)

Prevention

- Eat a healthy and balanced diet (High fiber and low-fat diet)
- Exercise appropriately
- Do not smoke
- Drink adequate water

Risk Factors

- Aging (incidence increase with age)
- Smoking
- Lack of activity (sedentary lifestyle)
- Obesity
- Poor diet (low fiber and high fat)
- Various medications (ibuprofen, aspirin, Motrin, Advil, Aleve, and steroids)

Diagnosis

Various tests are done to diagnose the condition and complications that may have occurred. A CT scan is commonly used to confirm diverticulitis. Diverticulosis is often diagnosed on colonoscopy.

Treatment

The treatment depends on the severity of the conditions and complications. Some common treatments include alterations in diet, antibiotic administration, and surgery.