



# Diverticular Diseases



## ► Sign And Symptoms ◀

► **Diverticulosis:** Most people who have diverticulosis don't show any signs. Those who do might have:

- Belly pain or cramping
  - Bloating
  - Constipation
  - Diarrhea

► **Diverticulitis:** You can have the pouches and not know it. The diverticula are usually painless and cause few symptoms, if any.

However, you might notice:

- Cramping on the left side of your abdomen that goes away after you pass gas or have a bowel movement
  - Bright red blood in your poop
    - Nausea
    - Vomiting
    - Bloating
    - Constipation
    - Diarrhea.

Diverticulitis symptoms are more noticeable and include severe abdominal pain and fever. It may need to be treated with antibiotics or, in severe cases, surgery.

## ► Recommended Diet ◀


For patients who are experiencing severe symptoms from diverticulitis, a liquid diverticulitis diet is recommended as a part of treatment, which can include:

- Water
- Fruit juices
- Broth
- Ice pops



Gradually patient can ease back into a regular diet to start with low-fiber foods (white bread, meat, poultry, fish, eggs, and dairy products) before introducing high-fiber foods. Fiber softens and adds bulk to stools, helping them pass more easily through the colon. It also reduces pressure in the digestive tract. Many studies show that eating fiber-rich foods can help control diverticular symptoms. Women younger than 51 should aim for 25 grams of fiber daily. Men younger than 51 should aim for 38 grams of fiber daily. Women 51 and older should get 21 grams daily. Men 51 and older should get 30 grams daily. fiber-rich foods to include in meals:

- Whole-grain breads, pastas, and cereals
- Beans (kidney beans and black beans, for example)
  - Fresh fruits (apples, pears, prunes)
- Vegetables (squash, potatoes, peas, spinach)



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### ▶ The Causes Of Diverticulosis And Diverticulitis ◀

Aging and heredity are primary factors in the development of diverticulosis and diverticulitis, but diet also plays a role. Eating a diet low in fiber and high in refined foods may increase the risk.



Indeed, diverticulitis will occur in about 10%-25% of those with diverticulosis.



Some researchers think that if you are often constipated and usually strain when you have a bowel movement, you may create enough pressure in the intestinal walls to weaken them and begin the development of diverticular pouches. Another school of thought is that not enough fiber in the diet is responsible. The lack of fiber leads to increased bowel wall strain to move stool through the colon. It then causes increased local pressures that lead to formation of pouches at weak points in the colon wall. The increased pressure along with undigested food caught in these pouches can erode the diverticular wall, causing inflammation and possible bacterial infection, which can result in diverticulitis.

### ▶ Diverticular Diseases ◀

Diverticular diseases consist of three conditions that involve the development of small sacs or pockets in the wall of the colon, including diverticulosis, diverticular bleeding, and diverticulitis. Diverticulosis is when pockets called diverticula form in the walls of your digestive tract. The inner layer of your intestine pushes through weak spots in the outer lining. This pressure makes them bulge out, making little pouches. Most often it happens in your colon, the lower part of your large intestine. Diverticulitis is not same as diverticulosis; diverticulitis happens if one or more of the pockets gets inflamed or infected. This can cause severe pain in your belly. Diverticulosis often brings no symptoms at all. Sometimes, diverticulitis is minor. But it can also be severe, with a massive infection or perforation (rupture) of the bowel.