

## Diverticulitis

Diverticulitis originates from a condition called diverticulosis, which produces small bulging pouches in the small and large intestines. These pouches usually do not cause any symptoms. Sometimes, however, they can become inflamed and infected and that's when diverticulitis develops.

### **Symptoms of Diverticulitis:**

- Abdominal pain
- Blood in the stool
- Fever
- Bloating
- Vomiting
- Abdominal pain when you are sitting forward or wearing a belt

The most frequent symptom of diverticulitis is abdominal pain. Pain occurs most often in the lower left abdomen; however, diverticulitis pain can be located in the lower right abdomen or the entire lower abdomen. The pain can sometimes feel like intense pressure in the abdominal region and is often severe. It can start suddenly or gradually get worse.

### **Factors increasing your risk of getting diverticulitis:**

- Age (those over 40 are at an increased risk)
- Having too little fiber in your diet
- Lack of exercise

**Treatment:**

In most cases, **a low fiber or liquid diet with antibiotics** are sufficient. If symptoms are more serious, or food can not be tolerated, hospitalization and intravenous antibiotics may be needed.

**To help preventing diverticulitis, you should:**

- Get enough fiber in your diet (20 – 25 grams a day)
- Drink 60 ounces of water a day
- Exercise regularly
- Respond to bowel urges

The statements on this site contain general information that should not be construed as medical advice.