

Diverticulitis

If you have belly pain, nausea, and diarrhea, you may have Diverticulitis.

Small pockets or sacs, called diverticula, can form on the inside of your colon, usually in the lower part.

Diverticulitis happens when one or more of these pockets tear or get infected causing swelling in the colon.

You may have Diverticulitis if you have pain on the left side of your belly. If you're of Asian descent, you may have pain on the right side of your belly.

Other symptoms of Diverticulitis include: Constipation or diarrhea; Nausea or vomiting; Fever or chills; And loss of appetite.

If you think your symptoms are Diverticulitis, talk to your doctor.

There are four different types of Diverticulitis: Acute uncomplicated, Acute complicated, Chronic complicated and Chronic uncomplicated.

The most common type is Acute uncomplicated Diverticulitis. Uncomplicated heals easily with treatment.

To diagnose diverticulitis, your doctor will give you a physical exam to check your belly for tenderness.

Then your doctor may order tests including: Blood tests; Urine test; Stool test; CT scans; And Pelvic exam.

If your Diverticulitis is mild, you can treat it by drinking a clear liquid diet. This includes water, broth, clear soups and fruit juices.

Ask your doctor if you can include caffeine in your diet before drinking plain tea or coffee.

Once you start feeling better you can eat low-fiber foods like eggs, yogurt, and pasta.

Over-the-counter pain medicines, except NSAIDs, such as ibuprofen and naproxen, can also help you feel better.

If your Diverticulitis is caused by an infection, you will be prescribed antibiotics.

If you don't treat this condition, it can lead to serious health problems and you may need surgery.

Talk to your doctor about the best treatment plan for you.

The exact cause of Diverticulitis is not clear but your chances of getting it go up if you're over the age of 40.

Some other risk factors include: Having obesity; Smoking; Not getting enough exercise;

Eating red meat and foods high in fat; And taking certain medicines like steroids, opioids, and NSAIDs such as ibuprofen or naproxen.

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Making lifestyle changes can help you avoid getting diverticulitis.

These changes include: eating foods high in fiber like fruits and veggies. Drinking lots of water. Being active. And quitting smoking.

If you think you have diverticulitis, talk to your doctor about your symptoms and the best ways to prevent it.