

Focus On: Diverticulosis

The large intestine is an organ shaped like a tube inside your body that helps empty waste.

It's also called the colon.

Diverticulosis happens when pouches— called diverticula— form in the wall of the colon.

Most people don't have symptoms and don't experience any problems from it.

If you do have symptoms, they commonly include bloating, constipation, diarrhea, or cramping.

The pouches can also become inflamed. This is called diverticulitis. The pouches sometimes bleed.

Eating a high-fiber diet, getting plenty of fluids, and exercising regularly can help treat and prevent diverticulosis.

To learn more about diverticulosis, talk to your doctor.