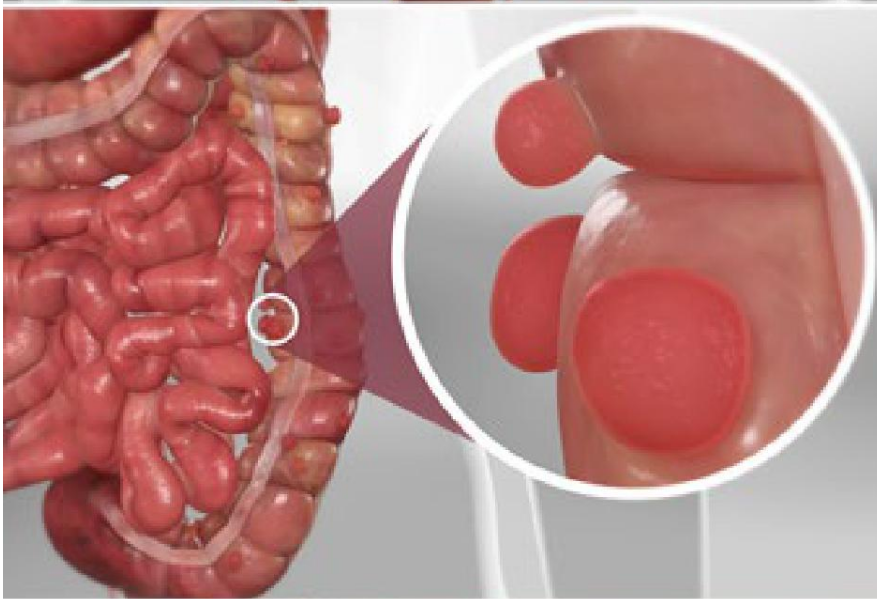
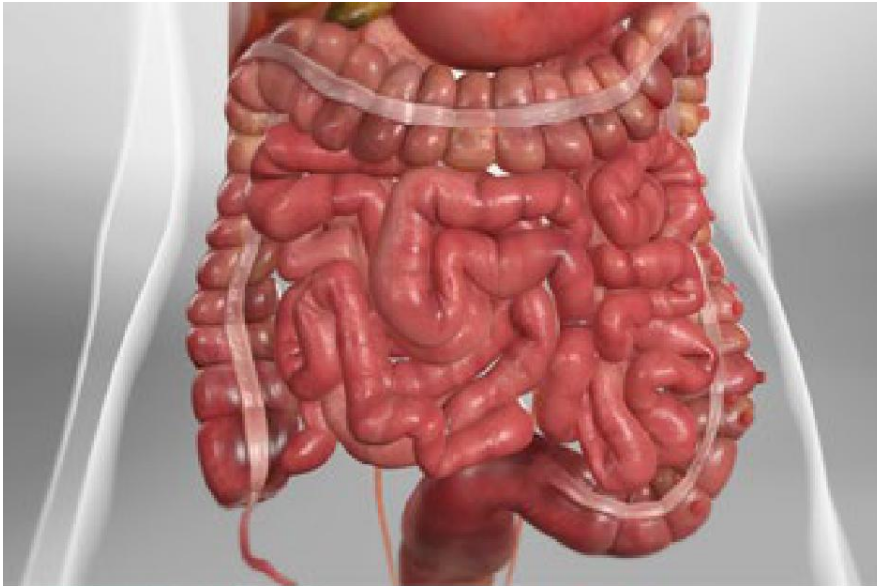




Diverticulosis



Overview

This happens when small pouches called "diverticula" bulge through weak spots in the wall of your intestines. Most often, they're found in your large intestine.

Causes

What causes this condition? Well, we don't know, exactly. It tends to happen as you get older. It's most common in people over age 40. It may be linked to your diet. Your risk is higher if you are obese, and if you don't get enough exercise.

Symptoms

What are the symptoms of diverticulosis? Most people have no symptoms. But some have pain and cramps. You can have constipation, bloating or gas. You may not feel hungry even when you need to eat. You may also see small amounts of blood when you poop.

Diverticulitis

Diverticulosis can lead to a condition called "diverticulitis." That's when one or more of the pouches becomes inflamed or infected. This is painful, and can be serious.

Treatment

How do we treat diverticulosis? Most people don't need treatment. But you may benefit from eating more fiber. Avoid processed foods, and get plenty of exercise. And try to avoid taking aspirin and other painkillers. For more info, talk to your doctor.