



Diverticulosis

- Outpockets that occur in the colon similar to a pothole that you find in the street
- Found in 80% of people and is part of the aging process. Can also be seen in those that do not consume enough fiber

Presentation

- 70% of people with diverticulosis live their whole life without having any issues
- 30% can have issues of either Diverticulitis or Diverticular bleeding

Complications

- Diverticulitis is when stool gets stuck in these pockets and causes an infection. Presents as worsening lower abdominal pain mostly on the lower left side of the abdomen
- Diverticular Bleeding presents with a large amount of red or burgundy blood

Treatment

- Higher Fiber Diet: Fruits, Vegetables, Salads, Fiber Cereal, Fiber Supplements like Metamucil. Past recommendation to avoid nuts & seeds are false
- Notify your doctor if you have persistent abdominal pain or large amount of rectal bleeding