

# MARG

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## More About DIVERTICULITIS

***25% of Americans over age 40 have a diverticular disease***

***40% of all people over 70 have a diverticular disease***

### ***What is a Diverticular Disease?***

A Diverticulum is a small pocket that pouches off the colon. These pouches are caused by high pressure in the colon, which causes weak spots in the colon to bulge out between the muscles of the bowel wall.

Diverticulosis indicates that the pouches are present. By itself, it only causes mild constipation and occasional pain.

Diverticulitis indicates that the pouch has become infected or has ruptured. An infection can cause pain and fever while a rupture can cause a serious life threatening problems that require surgery. Additionally, the pouches can bleed, causing life-threatening hemorrhages.

### ***Is there Treatment?***

Treatment varies from diet to medication to surgery depending on the severity and complication of the diverticulitis. Regardless, diet and lifestyle changes are essential for people with diverticular disease. Experts agree that diverticular disease is caused by the lack of roughage and natural fiber in the diet, therefore it requires a high fiber diet, such as bran, fruits and vegetables, and additional fiber supplements. Additionally, drinking lots of liquids and exercising regularly helps regulate the bowels. Foods to be avoided are nuts, seeds, and popcorn, as these sometimes can cause an attack of diverticulitis.

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**We Conduct Clinical Research Studies for Diverticulitis:**

**For more information contact us at (858) 277-5678.**

**Or click on “Learn About Our Studies” on our site to fill out a sign-up form.**