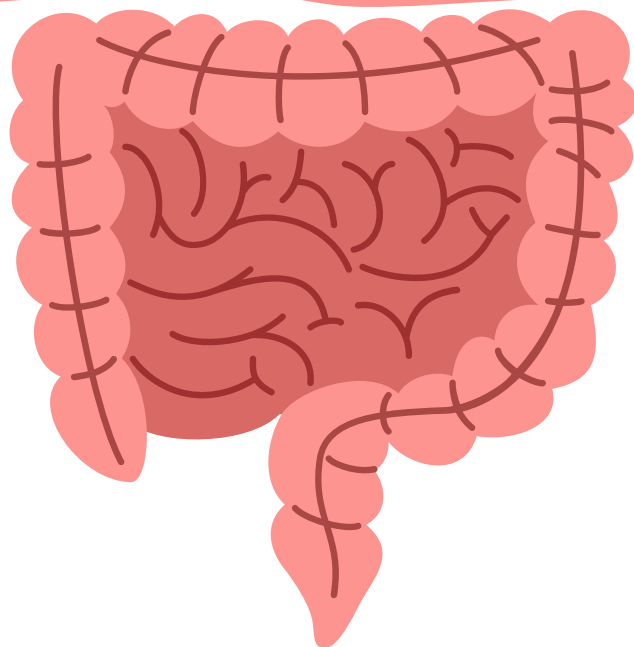


# Diverticulosis and Diverticulitis

## What is diverticulosis?

Diverticulosis is the presence of pockets in the lining of the large intestine. Most of the time, people don't even know they have it!



## What causes diverticulosis?

Researchers don't know for sure why these pockets form. Here are some things that may cause them:

- High red meat and fat diets
- Low fiber diets
- Smoking
- NSAID (non-steroidal anti-inflammatory drug) use (ex: Aspirin, Ibuprofen, naproxen sodium)
- Steroid and opioid use
- Obesity
- Getting older
- Genetics
- Slower digestive systems



## How do I know if I have this?

Most people don't know they have diverticulosis until their first colonoscopy. Some people find out when they have an infection in the pockets, called diverticulitis.



# What is diverticulitis?

Diverticulitis is an infection of the pockets in your large intestine. Most people do not get this, but around 20% may. Some symptoms of diverticulitis can be:

- Stomach pain
- Constipation or diarrhea
- Nausea and Vomiting
- A tight stomach

It is important to seek medical help if you have any of these symptoms. Remember to follow your doctor's instructions for treatment.

## How can I avoid this?

Because we don't know what causes it, there isn't a sure way to stop it. Here are a few tips that may help decrease your risk:

- Increase fiber in your diet (whole grains, fruits, veggies, beans, nuts, seeds)
- Limit red meat
- Consider a probiotic
- Get regular checkups
- Stay up to date on your screenings
- Stop smoking

Check with your doctor before changing your medications, supplements, or lifestyle.

