

Brief Note on Diverticulosis

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Description

Diverticulosis is a disease with the formation of pouches on the wall of colon. When these pouches are infected and inflamed bacteria grow in the pouches and lead the infection and inflammation. The symptoms of diverticulosis are abdominal pain, fever and chills, bloating and gas, constipation, diarrhea, loss of appetite. Diverticulitis is identified through, X-ray and CT scan, blood test and complete blood count.

Diverticulosis is quite common in people at age of 60. It doesn't occur younger than 30. Experts think the pouches show more with age. This disease mostly happens to the men in comparison to women.

Research indicates the condition might be genetic. That means you're more likely to get it if your parents or any of your brothers or sisters have it.

Aging and heredity are main factors in the growth of diverticulosis and diverticulitis, but food also plays a vital role. Having a diet low in fibre and high in refined foods may develop the risk. Certainly, in Western societies, an estimated 10% of people over 40 ultimately develop diverticulosis; the figure ranges at least 50% in people over 60. Diverticulitis will occur in about 10%-25% of those with diverticulosis.

The treatment depends on the severity of your signs and symptoms. If your symptoms are minor, you may be treated at home. For some cases

doctor prescribes antibiotics to treat the infection, though new guidelines state that in very mild cases, they may not be needed. Having fluid diet is better for a few days while your bowel heals. After improving the situation, a person can gradually add solid food in his diet. This treatment is positive in most people with uncomplicated diverticulitis. If you have a severe attack or have any other health issues, you'll likely need to be hospitalized.

So many people with diverticulosis disease don't have any symptoms, it's frequently found from other tests that are done for an unrelated reason. If you have symptoms of diverticulitis, it's important to be seen by your doctor for the accurate diagnosis.

Conclusion

Surgery for diverticulitis is considered if the person has Abscesses, Perforation/peritonitis, Blockages or strictures and Fistulas, Continued rectal bleeding. Diverticulitis can be cured and be healed with antibiotics also. Surgery is needed if the person feels the complications or if other treatment methods fail and diverticulitis is severe. However, diverticulitis is generally measured to be a lifelong condition.

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