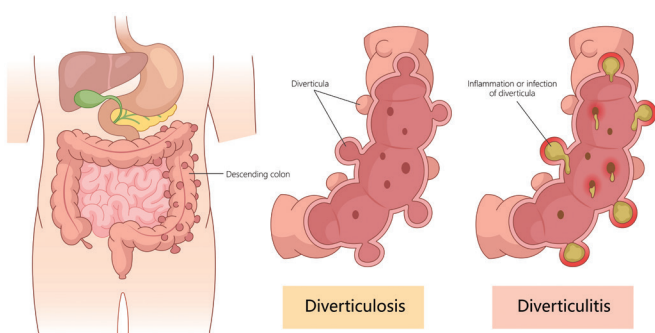


DIVERTICULAR DISEASE

UNDERSTANDING DIVERTICULAR DISEASE

Diverticular disease involves small bulges or sacs called diverticula forming in the colon wall, typically in the sigmoid colon near the rectum.

Diverticulosis and Diverticulitis



DIVERTICULOSIS VS. DIVERTICULITIS

- **Diverticulosis:** Presence of diverticula without issues – can lead to diverticulitis, perforations, strictures, fistulas, or bleeding
- **Diverticulitis:** Inflammation from sac perforation, potentially causing complications like abscesses, peritonitis, bleeding, strictures, or fistulas

CAUSES OF DIVERTICULAR DISEASE

High colon pressure causing wall weakness, possibly linked to low fiber, high red meat diets. The inflammation process leading to diverticulitis is not fully understood.

SYMPTOMS

- **Diverticulosis:** Typically asymptomatic
- **Diverticulitis:** May cause lower abdominal pain, fever, or rectal bleeding

DIAGNOSIS

- **Diverticulosis:** Often found during routine screenings like colonoscopy
- **Diverticulitis:** Diagnosed through symptom evaluation, often using a CT scan

TREATMENT

- **Diverticulosis:** High-fiber diet, reduce red meat.
- **Diverticulitis:** Treated with oral or IV antibiotics – abscesses may need drainage.
- **Surgery Indications:** Required for colon rupture, undrainable abscess, severe non-responsive cases, immune system issues, strictures, fistulas, or recurring attacks. Surgery may involve colon removal and potentially a colostomy or ileostomy, decided case-by-case with a surgeon.

WHAT IS A COLORECTAL SURGEON?

Colorectal surgeons are experts in the surgical and non-surgical treatment of diseases of the colon, rectum and anus. They have completed advanced surgical training in the treatment of these diseases as well as full general surgical training. Board certified colon and rectal surgeons complete residencies in general surgery and colon and rectal surgery, and pass intensive examinations conducted by the American Board of Surgery and the American Board of Colon and Rectal Surgery. They are well-versed in the treatment of both benign and malignant diseases of the colon, rectum and anus and are able to perform routine screening examinations and surgically treat conditions if indicated to do so.



Source: American Society of Colon and Rectal Surgeons