



The Symptoms, Causes, Diagnosis and Treatment of Diverticulosis

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INTRODUCTION

Diverticula are tiny, projecting pockets that can form in the coating of the structures that support your stomach. The bottom portion of the digestive system is where they are most usually discovered (colon). Diverticula are common, especially after the age of 40, and infrequently cause problems. Diverticulosis is the condition in which there are diverticula. Diverticulitis is the term for the ailment that develops when at least one of the pockets becomes exacerbated, and occasionally contaminated. Extreme stomach pain, fever, illness, and a clear change in genitalia propensities can all be symptoms of diverticulitis. Rest, dietary adjustments, and antibiotics can all be used to treat mild diverticulitis. Diverticulitis that is severe or keeps coming back may need to be treated surgically.

DESCRIPTION

Diverticulitis is the “aggravation and disease of” at least one diverticulum, while diverticulosis is its “presence” (swells in your colon wall). Diverticulosis is not harmful and does not require medical attention. Anti-infection medications are used to treat mild diverticulitis. If problems arise, medical intervention is needed. Preventing can be accomplished with a high-fibre diet, exercise, and lots of water consumption. Diverticulitis and diverticulosis are two conditions that affect the digestive system (colon). Both provide the diverticula component that is typical. Diverticula are a minimum of one lump or pocket that form in the mass of your colon.

Diverticula are air pockets or extended regions that form when a bicycle tire’s internal air chamber is overinflated. The air pocket structure, where the elastic is the most brittle, becomes more unstable due to the expansion in strain caused by an excess of air being syphoned into the internal cylinder. Additionally, an increase in internal pressure results in pockets or lumps (diverticula) forming in the weak area of the colon’s walls. Diverticula can

range in size from a pea to a large object. Although they can occur anywhere along the inner wall of your colon, they are most frequently found in the sigmoid colon, which has an S-shaped shape on the lower left side of your body.

Diverticulosis is essentially the development of small little pockets or lumps in your colon (diverticula). They typically produce no side effects or require treatment. Diverticulitis can, in any circumstances, result from diverticulosis. Diverticulitis is a condition in which at least one diverticulum is inflamed and contaminated. You could experience several adverse effects, including pain, nausea, fever, and others. This condition is far riskier and more dangerous. Diverticulosis affects 10% of people over 40% and 50% of people over 60, and it is quite common in Western populations. Diverticulosis affects almost everyone over the age of 80 and speeds up with age [1-4].

CONCLUSION

Diverticulosis may be caused by a lack of fibre in the diet, although this is still unknown to researchers. Lack of fibre leads to the buildup of waste (obstruction) in your colon. Colon wall tissue becomes overloaded due to clogging. The diverticula-tiny pockets frame in weak areas of your colon as a result of this increased tension. Again, scientists are unsure of the exact causation of diverticulitis, but they do believe that the germs in faeces that enter the diverticula are the disease’s first source. Another theory is that the additional strain on the colon’s walls causes the real diverticula’s walls to dissolve.

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CONFLICT OF INTEREST

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