



Coping with Diverticulitis

Peter Cartwright

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Diverticular disease is one of the most preventable causes of death there is. Every year, some 4,000 people, three quarters of them women, die as a result of this digestive disorder, which is caused by enflamed diverticula, or pouches, in the colon. Diverticulitis is extremely common, and a half to two thirds of all people in Europe and North America will experience it. There are currently an estimated 60,000 new cases of diverticulitis a year in the UK, with a total of 450,000 thought to be suffering at any one time. Symptoms may include cramps, bloating, constipation, fever, nausea, vomiting, chills, abdominal pain, and rectal bleeding, while complications include peritonitis. Yet, diverticulitis can be staved off by including plenty of fibre in the diet. This book looks at the treatment and self-management of diverticular disease - while the doctor can help, much can be done by the individual to minimise the effect of this distressing condition.

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