

What is Diverticulitis?

A condition that occurs when a single pouch (diverticulum) or several pouches (diverticula), which stick out from the walls of the large intestine, become inflamed and/or infected

Common symptoms of Diverticulitis

Bloating & Cramping

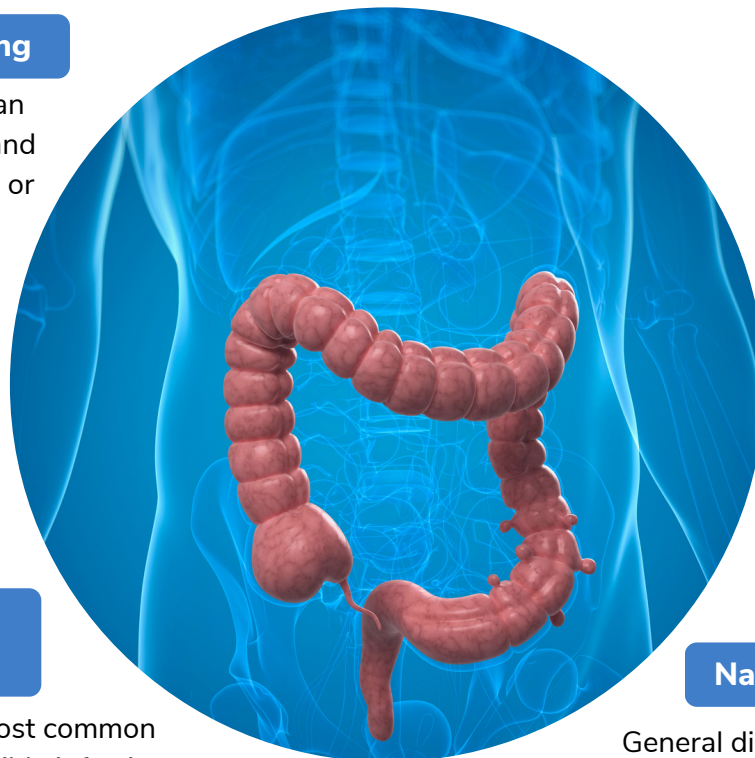
Bloating and cramping can start after food is eaten and often eases when a stool or wind is passed.

Change in bowel activity

Persistent diarrhoea or constipation or tendency to alternate between the two states.

Fever and feeling generally unwell

Fever and/or chills are most common in the presence of a possible infection.



Lower abdominal pain

Persistent pain usually occurs, and worsens, on the left-hand side of the abdomen where the pouches most commonly develop. However, in Asian populations it also commonly occurs on the right-hand side.

Bleeding or mucus

Bleeding can occur when blood vessels in the diverticula become weak and burst.

Nausea & Vomiting

General digestive discomfort and loss of appetite, nausea and vomiting.

Risk Factors

The 4 types of diverticulitis: acute, chronic, uncomplicated & complicated

There are four types of diverticulitis which vary in severity and resolution. It is thought the inflammation and/or infection which results in diverticulitis may occur due to an overgrowth of bacteria in one or more diverticulum. Risk factors include; obesity, family history, age, a sedentary lifestyle, smoking, diet and gender.

UK Statistics

The condition is growing in prevalence

Diverticulitis occurs between 1 in 10 to 1/4 of people with the condition and it is becoming more common in individuals under the age of 45. In people over the age of 50, acute diverticulitis is slightly more common in females and, in those under 50 years of age, it occurs more commonly in men. Overall, its prevalence increases with age.

Diet & Nutrition

Diet and Lifestyle support for Diverticulitis

There are many ways to support diverticulitis with a personalised nutrition and lifestyle approach. BANT nutrition practitioners assess and identify potential nutritional imbalances to understand how these may contribute to an individual's symptoms and health concerns. There is no singular treatment for diverticulitis, however, it can be successfully supported with dietary and lifestyle recommendations to help you maintain a health weight and manage frequency and severity of symptoms and occurrence.

