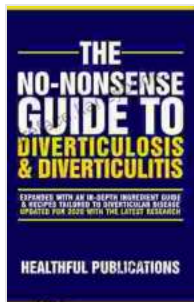


The No-Nonsense Guide to Diverticulosis and Diverticulitis: Your Comprehensive Resource for Understanding, Managing, and Preventing These Common Conditions

Diverticulosis and diverticulitis are common digestive conditions that affect millions of people worldwide. Diverticulosis occurs when small pouches (diverticula) form in the walls of the large intestine (colon). Diverticulitis is a more serious condition that occurs when these pouches become inflamed or infected.

This comprehensive guide will provide you with everything you need to know about diverticulosis and diverticulitis, including:



The No-Nonsense Guide To Diverticulosis and Diverticulitis by Healthful Publications

★★★★☆ 4.1 out of 5

Language	: English
File size	: 1337 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 108 pages
Lending	: Enabled



- Causes and risk factors

- Symptoms and diagnosis
- Treatment options
- Prevention

Causes and Risk Factors

Diverticulosis is caused by a combination of factors, including:

- **Aging:** As we age, the walls of our colon weaken and become more prone to developing diverticula.
- **Diet:** A low-fiber diet is a major risk factor for diverticulosis. Fiber helps to bulk up stool and make it easier to pass, reducing the pressure on the colon walls.
- **Obesity:** Obesity increases the risk of diverticulosis by putting pressure on the colon walls.
- **Smoking:** Smoking damages the colon walls and increases the risk of diverticulosis.
- **Family history:** People with a family history of diverticulosis are more likely to develop the condition.

Diverticulitis occurs when diverticula become inflamed or infected. This can be caused by a number of factors, including:

The No-Nonsense Guide To Diverticulosis and

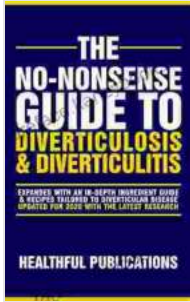
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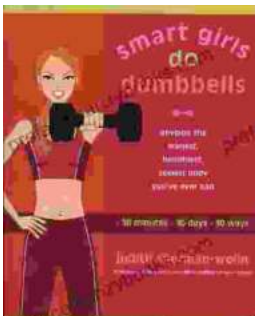
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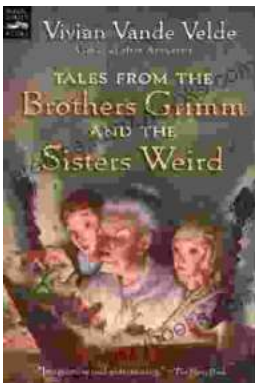


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