

Who is at risk?

You're more likely to get diverticulitis if you're over the age of 40. It may be due to age-related changes, such as a decrease in strength and elasticity of your bowel wall, that lead to diverticulitis.

Lack of exercise has been associated with a greater risk of formation of diverticula putting a person at risk of diverticulitis.



CU Healthy

HCS wants to CU Healthy! The Health Promotion Team at HCS tries to achieve this through our:

- Resource Centre
- Student Peer Interns
- Health Promotion Advisory Committee
- Website (carleton.ca/health)
- Facebook page
- Newsletters, class presentations, workshops and more . . .

The Health Promotion Team promotes healthy lifestyles and wellness and can provide you with information about stress, colds, nutrition, sexuality, alcohol, etc. Contact the Resource Centre for more information at 613-520-2600 ext. 6544 or cu_healthy@carleton.ca.



2600 CTTC Building
613-520-6674
carleton.ca/health

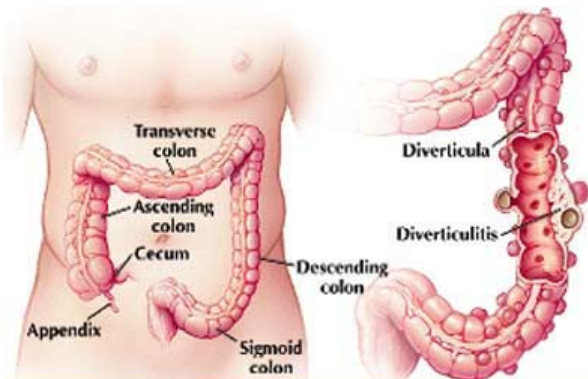
DIVERTICULAR DISEASE



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What is Diverticular Disease?

Diverticular disease occurs when small pouches called “diverticula” form on the wall of the large intestine, or the colon. Diverticula are caused when pressure, such as that caused by constipation, builds up inside the intestine and makes the intestinal wall bulge out in spots where the wall may be weak. Usually there are no symptoms, however occasionally mild pain or cramping may occur, commonly on the left side of the abdomen. These symptoms, or any significant changes in bowel habits should be reported to your physician.



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Generally Diverticular disease is not serious. Most patients that have diverticula do not have any symptoms. The diverticula that form in the wall of the colon do not usually cause any problems and can only be detected by medical examination.

Although diverticula can form anywhere, including in your esophagus, stomach and small intestine, most occur in your large intestine. Because these pouches seldom cause any problems, you may never know you have them.

Treatment of Diverticular Disease

The key to managing diverticular disease is avoiding constipation.

1. Evaluate your diet

Ensuring a high level of fibre is important to maintain regularity. Aim for 25-35g of fibre each day

2. Replenish your fluids

Ensure you are drinking 8 glasses of water or other fluids each day.

3. Exercise regularly

You should be exercising for 15-30 minutes, 3 times per week.

4. Develop good bowel habits.

Get into a routine, and ensure you have plenty of quiet time to spend in the bathroom. Also, don't delay a bowel movement. If symptoms flare up, consult your doctor.

You should also try to eliminate some foods and beverages that can constipate you, like fatty foods or chocolate.



Sizing up your Soluble fibre

Fibre Food	Serving Size	Total Fibre (g)
Oatmeal cooked	1/2 cup / 125mL	2
Peas, sweet, cooked	1/2 cup / 125mL	4.5
Kidney Beans, lentils	1/2 cup / 125mL	8
Apple with skin	1 medium	3.5
Banana	1 medium	3
All Bran cereal	1/2 cup	10
Whole wheat bread	2 slices	3

Understanding Diverticulitis

Diverticulitis

Diverticulitis occurs when one or more of the diverticula become inflamed or infected. Symptoms can include severe abdominal pain, fever, nausea, a change in bowel function (constipation or diarrhea), or blood in the stool. If left untreated this can have serious implications.

Diverticulitis is treated with antibiotics. In more serious cases, surgery may be required to remove the diseased portion of your colon.