



DIVERTICULAR DISEASE

What is Diverticular Disease?

A condition that affects the large intestine, causing abdominal pain and other symptoms. In this condition small bulges and pouches develop in the walls of the intestine which can sometimes become infected or inflamed which leads to Diverticulitis.

Types of Diverticular Disease:

Diverticulum – a small pouch that sticks out from the wall of the large bowel.

Diverticula – multiple diverticulum

Diverticulitis – when the pouch/pouches become inflamed or infected due to bacteria becoming trapped inside bulges, it can lead to abscesses.

Diverticulosis – the presence of diverticula.

What are the symptoms?

- Pain in the lower side of the abdomen
- Stomach pain that gets worse after you eat and gets better when you pass wind or open your bowels.
- Change in bowel habits e.g. constipation or diarrhoea.
- Blood in your stool.
- Bloating.

What are the causes?

- Some studies suggest that a low fibre diet can increase risk but this is not conclusive.
- Age – after the age of 40 it becomes more common.
- Obesity.
- Smoking.

What about treatment?

- Increasing fibre in your diet.
- Using pain relief to ease the discomfort – it is not recommended to use any pain relief in the NSAID (non-steroidal anti-inflammatory) such as Aspirin and Ibuprofen as these can cause further stomach issues.
- Antibiotics for diverticulitis.
- In cases with serious complications surgery can be used to remove the affected section but this is rare.

SELF CARE TIPS

TRY HEAT THERAPY

Sometimes heating pads applied to the abdomen can ease pain.

GET MORE VITAMIN D

Some research shows that low Vitamin D can cause complications. In order to get the right amount of Vitamin D it is recommended to eat plenty of fish and try to get sunlight each day. In some cases you may need to supplement with Vitamin D.

KEEP PHYSICALLY ACTIVE

Evidence shows that exercise can boost our self-esteem, improve our wellbeing and protect us from anxiety and depression.

TRY ALTERNATIVE REMEDIES

It can be beneficial to try to increase your intake of foods and spices such as ginger, turmeric and garlic that can be anti-inflammatory. Please consult with your doctor before trying any treatment.

To register with Bromley Well:
Freephone 0808 278 7898
Or register online:
www.bromleywell.org.uk/refer

Contact Lifestyle Support direct
07985 431484 / 07985 444210
or email
enquiry@bromleywell.org.uk



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HEALTH FACT SHEET

Updated July 2024

FURTHER RESOURCES

[Bladder and Bowel Community](#)

Charity that provide information and advice for anyone that has a condition that affects their bladder or bowels. They can help get Can't Wait Cards to use public bathrooms if you are having diarrhoea symptoms.

[Guts UK](#)

Factsheet on Diverticular Disease from a charity who are a charity that raise awareness on all things related on the digestive system.

[Facebook Support Group](#)

The longest run Diverticular Disease and Diverticulitis UK Based Support Group. This group offers support and discussions for people with Diverticular Disease based on the NHS guidelines and the latest scientific research.

References: NHS Inform: <https://www.nhsinform.scot/illnesses-and-conditions/stomach-liver-and-gastrointestinal-tract/diverticular-disease-and-diverticulitis> NHS UK <https://www.nhs.uk/conditions/diverticular-disease-and-diverticulitis/>

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