

Diverticulosis: long name, bad condition

Lifestyle changes are the best medicine for this digestive tract issue

ANCHOR LEDE

The late Senator John McCain and Pope Francis are among the public figures who have dealt with diverticular disease. It's a common problem involving bugles in the digestive tract. But it's one that can have serious complications if not treated properly.

TAKE VO

Doctor David Rzepczynski, a gastroenterologist at OSF HealthCare, says healthy habits are the best prevention. Avoid excess tobacco and alcohol, exercise, and eat a healthy, fiber-rich diet.

*****SOT*****

Dr. David Rzepczynski [rep-ZIN-skee]

OSF HealthCare gastroenterologist

"Often, people will look to use fiber supplements. The amount of fiber intake from supplements pales in comparison to what you can get from your diet." (:16)

VO TAG

Severe cases may mean a stay in the hospital for antibiotic medicine or surgery.

Doctor Rzepczynski also stresses the importance of colonoscopies as advised by your health care provider.