

## **Diverticulosis: long name, bad condition**

Lifestyle changes are the best medicine for this digestive tract issue

**Run time - :30**

### **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. Tim Ditman of OSF HealthCare has more.

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Doctor David Rzepczynski, a gastroenterologist at OSF, 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)**

I'm Tim Ditman.

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### **ANCHOR 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.