

Don't let appendicitis burst your bubble

ANCHOR LEDE

Do health care providers know the exact purpose of the appendix? No.

Should you still know the signs when the organ rebels? Absolutely. That's because complications from appendix issues can be life-threatening.

TAKE VO

OSF HealthCare surgery provider Amanda Maddox explains that the appendix is a small, finger-shaped appendage that sits near the large intestine in the right lower area of your abdomen. If you suddenly have pain around your belly button that moves to the lower right abdomen, nausea, vomiting, fever, fatigue, diarrhea, constipation or loss of appetite, you might be suffering from appendicitis.

SOT

**Amanda Maddox, APRN
OSF HealthCare**

"For appendectomy surgery, the gold standard is laparoscopic. It's small incisions around your abdomen. We go in with the laparoscope and other instruments under direct visualization. We remove the appendix and send it off to the lab. If there are complications, bleeding or if it's a difficult appendix to remove, we do have to an open appendectomy. That would require an incision on the right lower quadrant of your abdomen." (:34)

VO TAG

Aside from daily healthy habits, there's not much to do to prevent appendicitis. Drink lots of water, eat high fiber foods and have regular bowel movements.