

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

Lifestyle changes are the best medicine for this digestive tract issue

\*\*\*SOT\*\*\*

Dr. David Rzepczynski [rep-ZIN-skee]

OSF HealthCare gastroenterologist

**"A diet that has more red meat, less grain and less fiber might put you at a higher risk." (:12)**

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**"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)**

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**"You could have a blood vessel on the outside of the diverticulum. If it ruptures into the diverticulum, it could cause sudden bleeding from the rectum." (:13)**

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**"They'll try to reconnect the colon at that time. But if the surgery is done on an emergency basis, sometimes the person may have a colostomy where part of the colon is coming out through the skin. That's a temporary measure." (:17)**