**Diverticulosis Disease: What’s the cure?**

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**Abstract**

 **Diverticulosis disease is a condition commonly found within the large intestines (colon), that cause bulges to form within the walls. These bulges can form anywhere inside of the colon but are mainly found closer to the rectum (part of the sigmoid colon). Although this disease is not fatal, it can still cause many issues within the person’s body. An estimation of “over 2.5 million people are affected by diverticular disease in the United States” (Wen and Floch). Questions that are still asked today are “What’s the cure? Are there symptoms that I should look for to diagnose this disease”? Due to these questions a lot of research has been done to try and get the answers. Many articles have been written to inform patients about this disease, but there are still questions remaining that need answers. Within the article studied, the author is explaining many of the advanced medical treatments that are being introduced in order to understand the disease more and also to treat it based on the symptoms that each patient has.**

**Introduction**

Colonic diverticula commonly known as Diverticulosis, has become a common condition within developed countries. With higher rates of this disease within the US, it affects all age groups, and as age increases it can become worse. Symptoms for this disease are very complicated to pinpoint and can be common complications such as bloating, pain in the abdomen, or even irregular bowl movements. Learning how to manage these symptoms is still unknown to researchers and due to new observations and scientifically thinking, the treatments for the disease that are known now, information about them are changing and improving to give patients a better understanding of the disease itself. In an article published in the year 2013, the focus was more on evidence development in pathophysiology and strategies on managing diverticulosis.

**Recent Progress**

Research and studies have shown that young patients deal with diverticulosis disease and usually have a more complicated issue than older patients. The article states that “by age 80, about 70% of individuals in the United States have diverticulosis” (Shaheen et al. 2006). Because this disease has grown over time it is said to be the 5th gastrointestinal disease that is indirectly and directly important cost wise. Estimated at $2.66 billion a year, diverticulosis disease has become a large burden. 80%-85% of patients are labeled as asymptomatic, meaning they produce no symptoms of having this disease. 15%-20% deal with pain and 1%-2% have to be hospitalized because the complications have grown stronger. Being that diverticulosis disease affects the colon research has proven that one major role being a big factor in developing this disease is a diet that is low in fiber. Inside the colon there are connective tissues and with age collagen is increased causing the elastin to increase and could lead to rigidity inside the colon. Low fiber causes constipation and that causes a lot of pressure and tension within the colon wall. The colon is segmented and each segment has a different level of pressure which is related to herniation. One reason diverticulosis develops is because of high pressure within the colonic walls. Two common complications are diverticulitis and blood within the stool. Along with these complications are the symptoms of diarrhea, bloating, abdominal pain, constipation, and chronic inflammation. “It has been proposed that the chronic inflammation in diverticular disease is similar to that in inflammatory bowel disease (IBD)” (Di Mario et al. 2006). To help with IBD there are 5-aminosalicylic acid drugs which are used to help manage recurring diverticulitis and the uncomplicated diverticulosis disease. The majority of people that have diverticulosis disease, are in the category of being asymptomatic, once the symptoms start to become apparent the patient is then considered symptomatic.

Once symptoms of this disease develop, patients are then able to take medical precautions and go to therapy. The main goal to managing the symptoms is to help with infections, and stop the reoccurrence of symptoms that can potentially turn into something very serious. Understanding how to manage this disease has improved over the years and there are still researchers trying to pinpoint the exact reason for this disease. Having a diet with high fiber is one of the top reasons to preventing symptoms of this disease and overall not forming it inside the colon. Different treatments can be obtained for patients with more severe cases and learning what works best when managing it. In order to justify all of the ways researchers have found could possibly work in curing or helping to prevent this disease a change in the quality of one’s lifestyle is a huge component. Also many different trial tests of certain studies should be done in order to understand what exactly works best.

**Discussion**

To conclude there are many preventative ways already out there that researchers have come up with in order to help with diverticulosis. Even with these findings there is still questions as to if what has been found is all that will work or if there is a more direct way in helping this disease. Are the treatments really what is going to cure this disease? Is it really about diet? With there still being questions hopefully here in the next few years there will be more research done that will give a better understanding and also a cure can be found or at least more preventions.

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