**Transcript: Diverticulosis**

Hi this is Dr. Joseph Galati and we’re going to be talking about Diverticulosis in this video clip and this is the very common abnormality that we see at the time of a colonoscopy.

And in this particular case this was a 50 year old gentleman who was going for a screening colonoscopy and had some vague left sided lower pain.

And as you can see here most of his entire lower colon was full of these diverticuli, which are these out pouchings in the lower colon.

It is a very common problem, up to half the patients over 60 years old have diverticulosis.

Now many times you may have absolutely no symptoms.

Other times you may have some vague abdominal pain, some bloating, and some discomfort and constipation.

Certainly you could have more complications related to diverticulosis which is diverticulitis which is infection of the colon which can lead to serious complications including abscess formation, perforation, and the need for surgery and this would be considered a medical emergency.

But certainly this is a good illustration of diverticuli.

The remedy would be to increase your dietary fiber.

We like to say between 35 and 45 grams of fiber per day and certainly reduce the amount of processed foods.

As always for more information contact us through our website texasliver.com.