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# Coping With Diverticulitis



## Synopsis

Diverticular disease is one of the most preventable causes of death there is. Every year, some 4,000 people, three quarters of them women, die as a result of this digestive disorder, which is caused by enflamed diverticula, or pouches, in the colon. Diverticulitis is extremely common, and a half to two thirds of all people in Europe and North America will experience it. There are currently an estimated 60,000 new cases of diverticulitis a year in the UK, with a total of 450,000 thought to be suffering at any one time. Symptoms may include cramps, bloating, constipation, fever, nausea, vomiting, chills, abdominal pain, and rectal bleeding, while complications include peritonitis. Yet, diverticulitis can be staved off by including plenty of fibre in the diet. This book looks at the treatment and self-management of diverticular disease - while the doctor can help, much can be done by the individual to minimise the effect of this distressing condition.

## Book Information

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## Customer Reviews

Peter Cartwright is an expert on digestive disorders and former Assistant Director of the National Association for Colitis and Crohn's Disease (NACC). He is author of *Coping Successfully with Ulcerative Colitis*, Sheldon Press, commended by the Medical Journalists' Association.

Excellent book. Answers a lot of questions about diverticulitis. Highly recommended reading if you suffer from or are interested in reading about this condition.

This is the only book that actually addresses it. The rest of the books just make a casual reference to diverticulitis in passing. The best book to get, in my opinion, if you have this problem.

I bought this book shortly after I was diagnosed. Because i am a young person (diagnosed at 31), diverticulitis is not something that any of my peers knew anything about. This is a great reference book and is very easy to understand. This is a book that you will read through and then read again as the need arises.

Purchased this book for my mother and she said there were lots of helpful bits of info that she will use to help manage her diverticulitis. She's very happy with this book.

very helpful

I gave this book a 5 star rating because I did not have access to all the things I needed to know and understand about Diverticulitis. The information was complete and easy for anyone who needs to understand this problem. I would strongly recommend this book if you want to understand the disease, its origin, symptoms, and coping.

I was diagnosed with diverticulitis about 5 years ago and was given little guidance as to how to manage it. This book has given me so much information that is so useful and informative. I wish I had had the insight to purchase something like this years ago.

By far, the most information about diverticulitis I have read since being diagnosed with this condition. Easy to read, hard to put down.

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