Summary: What's new on diverticular disease of the colon

Antonio Tursi

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Surgery | Endoscopy | Colorectal

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This educational session on diverticular disease emphasized that it is a multifactorial condition requiring individualized management, with surgery reserved for persistent symptoms affecting quality of life rather than being determined by episode frequency.

KEY POINTS

- The speaker distinguished diverticulosis as merely the presence of colonic alterations from diverticular disease, an umbrella term encompassing all clinical symptoms from symptomatic uncomplicated disease to acute diverticulitis.
- Symptomatic uncomplicated diverticular disease is the main clinical form, diagnosed using a combination of clinical, laboratory, and instrumental tools.
- The speaker stated there is no evidence that nuts and seeds cause diverticulitis or its recurrence, advising patients not to avoid these foods.
- Ultrasound and CT scan are useful for diagnosis and particularly for ruling out colorectal cancer, with CT colonography helpful when colonoscopy cannot be performed.
- The speaker recommended that elective surgery be planned only if symptoms persist with clear evidence of acute diverticulitis and only if quality of life may improve, not based on the number of episodes alone.

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