

Subject

Your Duphalac-Newsletter - Get to the bottom of the cause

Body

Dear Madam,

Dear Sir,

With the free Duphalac Newsletter you will regularly receive useful advice to promote healthy digestion.

Diverticulitis: not always harmless

Irregular stool movements and constipation are more than an inconvenience. If the problems persist for several years, herniated sacs, or so-called diverticula, may appear on the intestinal walls.

In healthy people, the walls of the large intestine are smooth with a tube-like appearance. However, if subject to constant pressure, for example in the case of chronic constipation, weak points may fall victim to diverticula, on the intestinal walls. The appearance of several of these is referred to as diverticulitis.

The elderly or overweight are frequently affected by this complaint. The symptoms of intestinal diverticulitis can thus be observed in more than 50% of people over the age of seventy.

On their own, these sacs are harmless and do not cause problems. However, they do have a tendency to collect stools, which can irritate the mucous membrane. The local increase in bacteria can subsequently irritate the membrane further which may trigger more serious medical complaints.

Adjusting eating habits to include wholemeal products rich in roughage, avoiding foods that cause flatulence and drinking plenty of liquids make the stools softer, thus preventing constipation, and may help avoid inflammation in the case of existing diverticula. Doctors also prescribe taking adequate exercise as an additional preventive measure.

Your Duphalac Team

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