

Diverticulitis

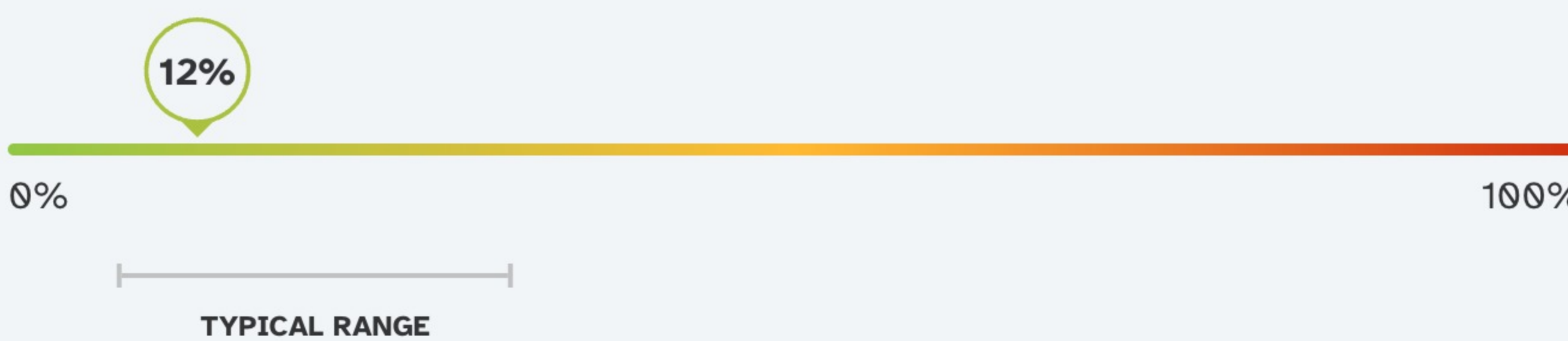
POWERED BY 23ANDME RESEARCH

Diverticulitis is a condition that occurs when small bulging pouches in the digestive tract, usually in the colon, become inflamed. These pouches (called "diverticula") are common with age and do not usually cause problems. But when diverticula become inflamed, diverticulitis occurs, which can cause pain and other complications.



Jamie, your genetic result is associated with a **typical likelihood** of developing diverticulitis.

An estimated **12%** of people with genetics and other factors like yours develop diverticulitis by their **70s**. This is based on data from female 23andMe research participants of European descent.



This estimate is based on currently available data and may be updated over time.

Ways to take action

Your overall likelihood of developing diverticulitis also depends on other factors, including lifestyle. Experts agree that healthy lifestyle habits can help lower the chances of developing this condition.

- Eat a diet high in fiber and low in red meat
- Maintain a healthy weight
- Exercise regularly
- Avoid smoking

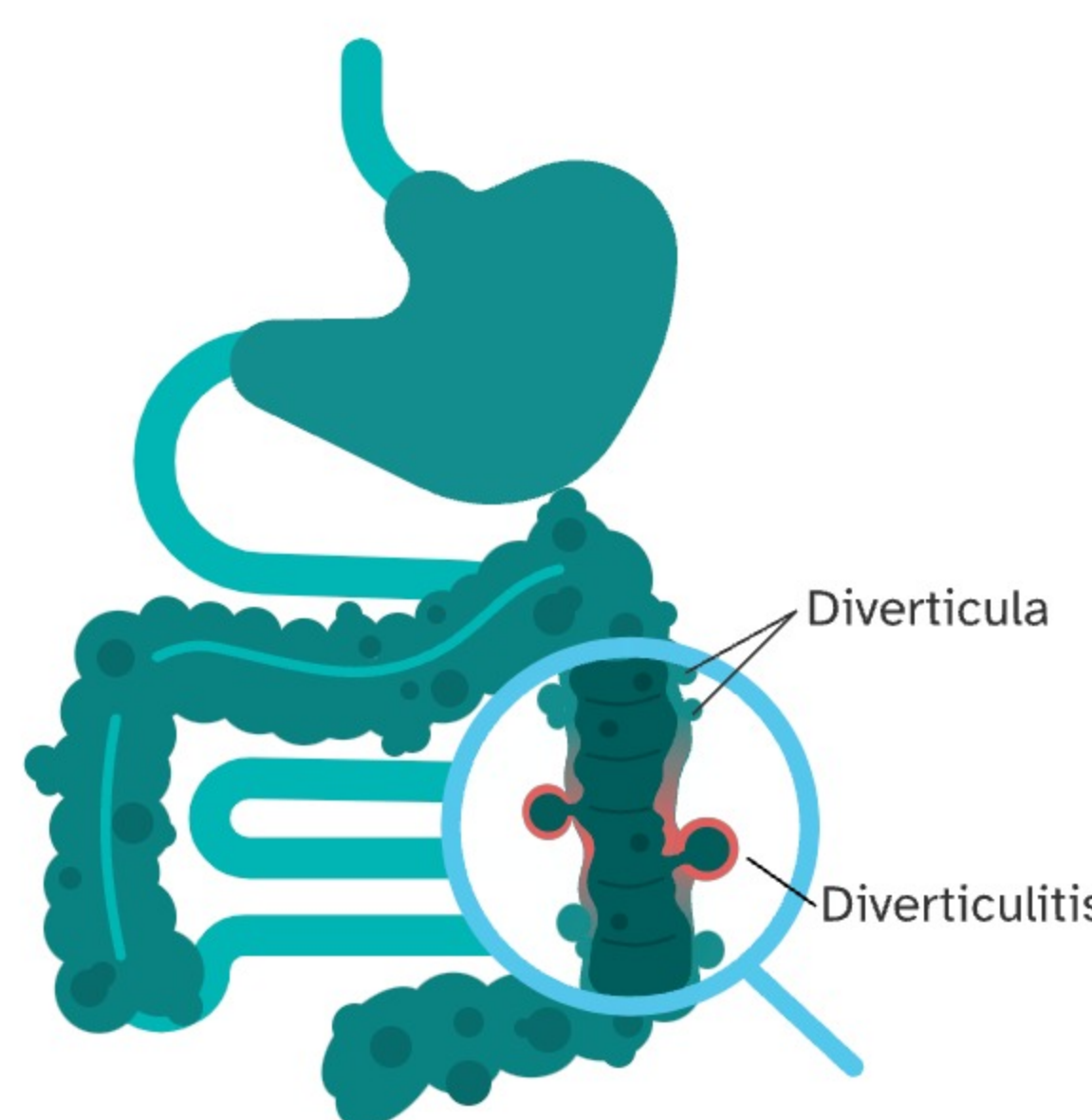


[Learn more from the National Institutes of Health](#)

About diverticulitis

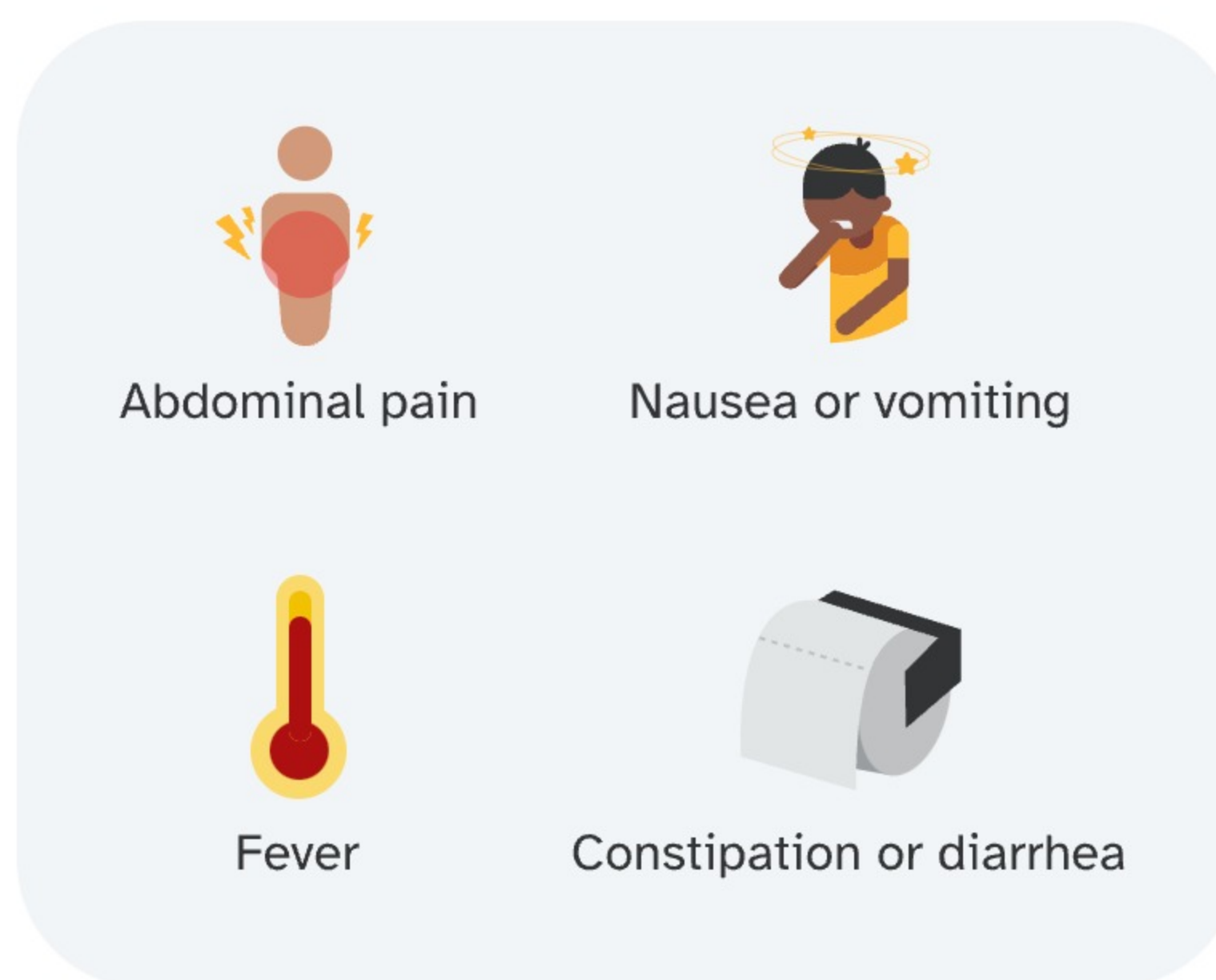
What is diverticulitis?

Especially as people age, weak spots in the intestinal tract give way to form small pouches or sacs. These pouches are called "diverticula." (One pouch is called a "diverticulum.") Scientists don't know exactly why these pouches form, but it is likely due to a combination of factors including weakening of the intestinal wall. Most diverticula form in the large intestine (colon). Having diverticula is a condition called "diverticulosis," which is very common with age and doesn't usually cause problems. If diverticula become inflamed or infected, it is called "diverticulitis," which can cause symptoms and complications.



How can diverticulitis impact your health?

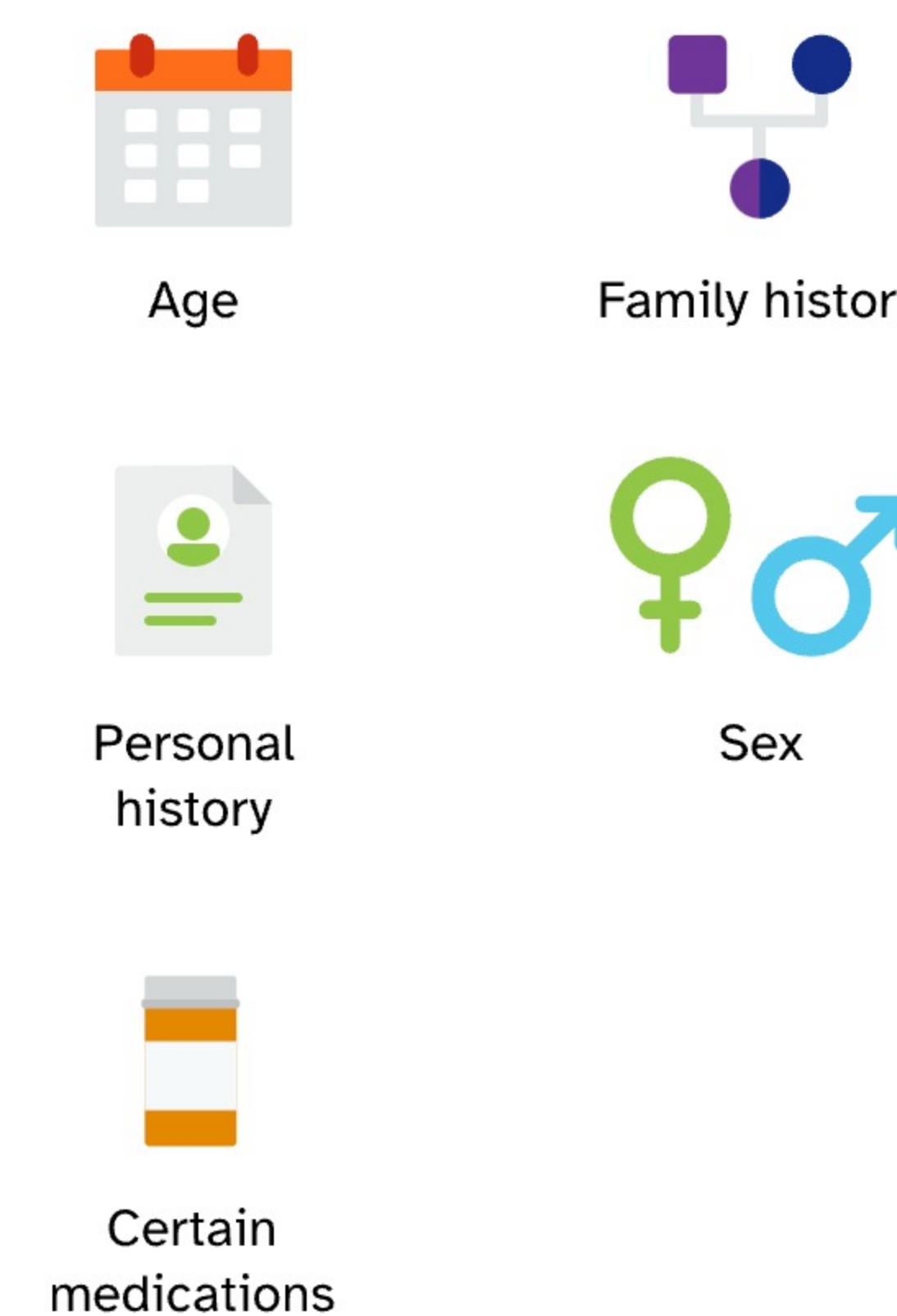
People with diverticulitis may experience abdominal pain, nausea, vomiting, fever, constipation, or diarrhea. While most cases are easily treatable, some may also lead to complications such as intestinal abscesses (infected areas where pus collects), perforations, or blockages. Serious cases of diverticulitis, while not common, usually require treatment in a hospital. If you have concerns about diverticulitis, talk to a healthcare professional about what next steps, like colonoscopy screening or lifestyle modifications, are right for you.



Other factors that can impact your chances of developing diverticulitis

It is estimated that more than 50% of U.S. adults over age 60 have diverticula, but fewer than 5% of them develop diverticulitis. Besides genetics and lifestyle, some factors that can increase a person's chances of developing diverticulitis include:

- Age (this condition is more common as people get older)
- Family history or personal history of diverticulitis
- Sex (below the age of 50, this condition is more common in males; above the age of 50, it is more common in females)
- Currently taking certain medications (such as steroids and nonsteroidal anti-inflammatory drugs, also called NSAIDs)



Keep in mind

This report **does not diagnose** diverticulitis. **Consult with a healthcare professional** if you are concerned about your likelihood of developing diverticulitis, have a personal or family history of diverticulitis, or before making any major lifestyle changes.



If you have already been diagnosed with diverticulitis by a healthcare professional, it is important to **continue any treatment plans** that they prescribe, including medications and lifestyle modifications.



The likelihood of developing diverticulitis also depends on **other factors**, including lifestyle, age, and family history.



This report **does not account for every possible genetic variant** that could affect your likelihood of developing diverticulitis.



This report is based on a genetic model **created using data from 23andMe research participants**. It has not been clinically validated and should not be used to make medical decisions.

[How we got your result](#)



Give the gift of DNA discovery.

Gift a kit

Refer friends, earn rewards.

Get reward

ANCESTRY

- Ancestry Overview
- All Ancestry Reports
- Ancestry Composition
- DNA Relatives
- Order Your DNA Book

HEALTH & TRAITS

- Health & Traits Overview
- All Health & Traits Reports
- My Health Action Plan
- Health Predisposition
- Pharmacogenetics
- Carrier Status
- Wellness
- Traits

RESEARCH

- Research Overview
- Surveys and Studies
- Edit Answers
- Publications

FAMILY & FRIENDS

- View all DNA Relatives
- Family Tree
- Your Connections
- GrandTree
- Advanced DNA Comparison