Epidemiology

Increased incidence with age

- Prevalence of diverticulitis increases with age due to a corresponding increase in diverticulosis
- Diverticulitis is uncommon in people under 40 (accounts for only 2-6% of all cases of diverticulitis)
- Diverticulosis is estimated to be present in
  - 30% of those older than 50
  - 50% in those older than 70
  - 66% in people older than 85.
- M=F overall; however, below 65 M>F, but in 65+ F>M
- Recently there has been an increase the prevalence of diverticulitis, with the greatest increase seen in the <40 yr old category. This increase is most likely a result of low fiber intake and increased consumption of processed foods
- Countries such as Japan and Singapore have seen an increase in frequency of diverticulitis in recent years as popularity of the Western diet has increased.
- The most common area of the colon to develop age dependent diverticulosis is the sigmoid colon
- Complications of Diverticulosis
  - 70% Asympto
  - 15 - 25% develop diverticulitis
  - 5 - 15% develop bleeding complications

References

