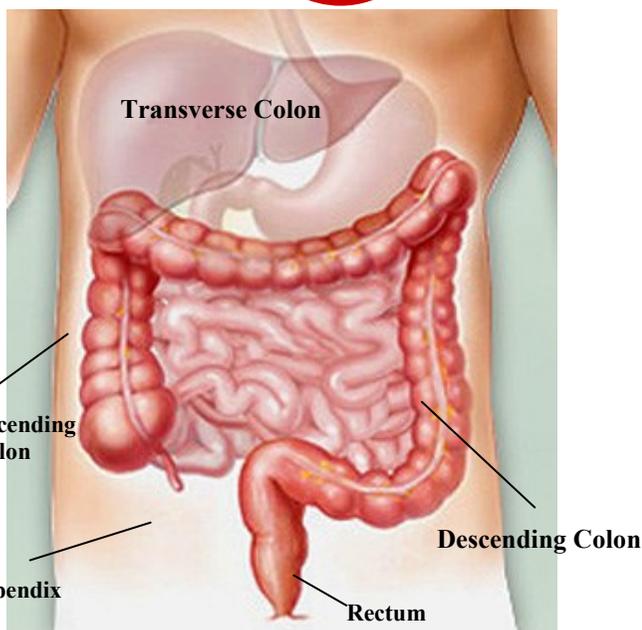


Health Bubble

CHAMP –SHARING TOMORROWS QUALITY HEALTH TODAY

COLON DISEASE



HOW TO KEEP THE COLON HEALTHY

- Drink plenty of water and other caffeine-free fluids
- Drink caffeine and alcohol in moderation
- Don't smoke
- Get regular exercise
- Eat a balanced diet that's high in fibre .

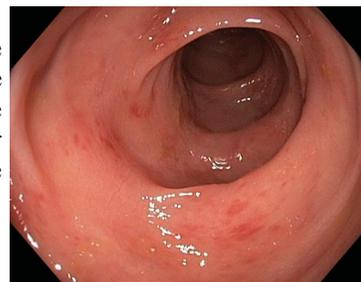
FIBRE RICH FOOD



WHAT IS THE COLON?

The colon is also called the large intestine. The last part of the small intestine connects to the first part of the colon in the lower right abdomen. The rest of the colon is divided into four parts:

- The **ascending colon** travels up the right side of the abdomen.
- The **transverse colon** runs across the abdomen.
- The **descending colon** travels down the left abdomen.
- The **sigmoid colon** is a short curving of the colon, just before the rectum.



Patchy red inflammation of the colon as seen by colonoscopy.

CONDITIONS THAT AFFECT THE COLON

Colitis: Inflammation of the colon.

Diverticulosis: Small weak areas in the colon's muscular wall allow the colon's lining to protrude through, forming tiny pouches called diverticuli. Diverticuli usually cause no problems, but can bleed or become inflamed or infected.

Diverticulitis: When diverticuli become inflamed or infected. Abdominal pain, fever, and constipation are common symptoms.

Colon bleeding : Several colon problems can cause bleeding. Rapid bleeding is visible in the stool, but very slow bleeding might not be.

Inflammatory bowel disease: A name for either Crohn's disease or ulcerative colitis. Both conditions can cause colon inflammation.

Crohn's disease: An inflammatory condition that usually affects the colon and intestines. Abdominal pain and diarrhea (which may be bloody) are symptoms.

Ulcerative colitis: An inflammatory condition that usually affects the colon and rectum. Like Crohn's disease, bloody diarrhoea is a common symptom of ulcerative colitis.

Diarrhoea: Stools that are frequent, loose, or watery are commonly called diarrhoea. Most diarrhoea is due to self-limited, mild infections of the colon or small intestine.

Shigellosis: Shigella can contaminate food and invade the colon. Symptoms include fever, stomach cramps, and diarrhoea, which may be bloody.

Travelers' diarrhoea: Many different bacteria commonly contaminate water or food in developing countries. Loose stools, sometimes with nausea and fever, are symptoms.

Colon polyps: Polyps are small growths. Some of these develop into cancer, but it takes a long time. Removing them can prevent many colon cancers.

Colon cancer: Cancer of the colon is more common than most people think. Most colon cancer is preventable through regular screening.

www.champzambia.org