Right-Sided Diverticulitis in a Canadian Tertiary Care Center: A 15-Year Experience

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Introduction

- In North America, right-sided diverticulitis represents less than 5% of all diverticulitis cases; it is far more common in Asian populations
- There are very few studies on right-sided diverticulitis originating from North American institutions, and descriptive data and recommendations regarding its management in this population are scarce

Purpose

- Describe presentation, management, and outcomes of patients with first episode right-sided diverticulitis in North American tertiary center

Methods

- Retrospective chart review of patients in single large tertiary academic center from January 2000 to August 2015
- First episode right-sided diverticulitis; diagnosed based on radiological, operative, and/or pathological findings
- No fixed protocol during study period; clinical decisions regarding management were made by individual surgeons
- Prospective telephone follow-up (gather long-term outcomes including possible recurrent episodes and/or operations related to their disease that were not managed at the index center)

Results

- Study cohort: N = 60
- Median follow-up: 69.2 months (0.1 – 202.8)

Patient and Disease Characteristics		n (%)
Mean age, standard deviation (years)		51.1 ± 17.2
Gender		
Male		25 (41.7)
Female		35 (58.3)
Ethnicity		
Asian		5 (8.3)
Other		55 (91.7)
Charlson Comorbidity Score		
<2		57 (95.0)
≥2		3 (5.0)
Prior left-sided diverticulitis		4 (6.7)
Diagnosis		
Computed tomography		46 (76.7)
Intra-operative		11 (18.3)
Pathology		3 (5.0)
Site of Disease		
Cecum		32 (53.3)
Ascending		15 (25.0)
Hepatic		2 (3.3)
Transverse		3 (5.0)
Mixed		8 (13.3)
Disease Severity		
Uncomplicated		54 (90.0)
Complicated		6 (10.0)
Abscess (Hinchey I)		3 (5.0)
Macroperforation		5 (8.3)
Length of admission, median (range), days		
Conservative management		5.5 (1 – 36)
Appendectomy & diverticulectomy		8.0
Ileocectomy		9.0 (5 – 16)
Right hemicolectomy		13.0 (6– 36)

FIGURE 1 - Flowchart describing management and outcomes of patients with right-sided diverticulitis

Conclusion

- When diagnosed by CT scan, right-sided diverticulitis can be successfully managed conservatively in most cases
- Long-term expectant management appears to be successful with low rates of recurrence and complications
- In a North American population where this condition is less often observed, it is prudent to consider an underlying colon cancer