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### Natural history of uncomplicated sigmoid diverticulitis

#### Abstract

While diverticular disease is extremely common, the natural history (NH) of its most frequent presentation (i.e. sigmoid diverticulitis) is poorly investigated. Relevant information is mostly restricted to population-based or retrospective studies. This comprehensive review aimed to evaluate the NH of simple sigmoid diverticulitis. While there is a clear lack of uniformity in terminology, which results in difficulties interpreting and comparing findings between studies, this review demonstrates the benign nature of simple sigmoid diverticulitis. The overall recurrence rate is relatively low, ranging from 13% to 47%, depending on the definition used by the authors. Among different risk factors for recurrence, patients with CRP>240 mg/L are three times more likely to recur. Other risk factors include: young age, a history of several

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