

Intra-Diverticular Polyp Associated with Acute Diverticulitis

Paul V. Aguilera, MD; Gregory T. Brennan, MD

Introduction

The prevalence of diverticulosis increases with age, as expected, increasing from around 10% at age 40 to over 50% by age 60 and affects nearly everyone over age 80. In terms of polyps, there is also an increase in the prevalence with age. Polyps are found in approximately 25% of patients of age 40 increasing to about 35% by age 60. With discrete occurrences this frequent, it is a surprise that these pathologies do not intersect more often. We present a lower endoscopic finding of a polyp within a diverticulum.

Case Presentation

44 year-old woman with no significant medical history was referred to our clinic for evaluation of diverticulitis. About 4 months prior, she presented to an ER for left sided abdominal pain and was diagnosed with acute uncomplicated diverticulitis of the descending colon based on CT imaging. She completed a course of Ciprofloxacin and Metronidazole. She endorsed 10 pound weight loss after her episode but had slowly been improving. Notably she reports a family history of colorectal cancer in her great grandmother. She has had no prior lower endoscopy.

Colonoscopy

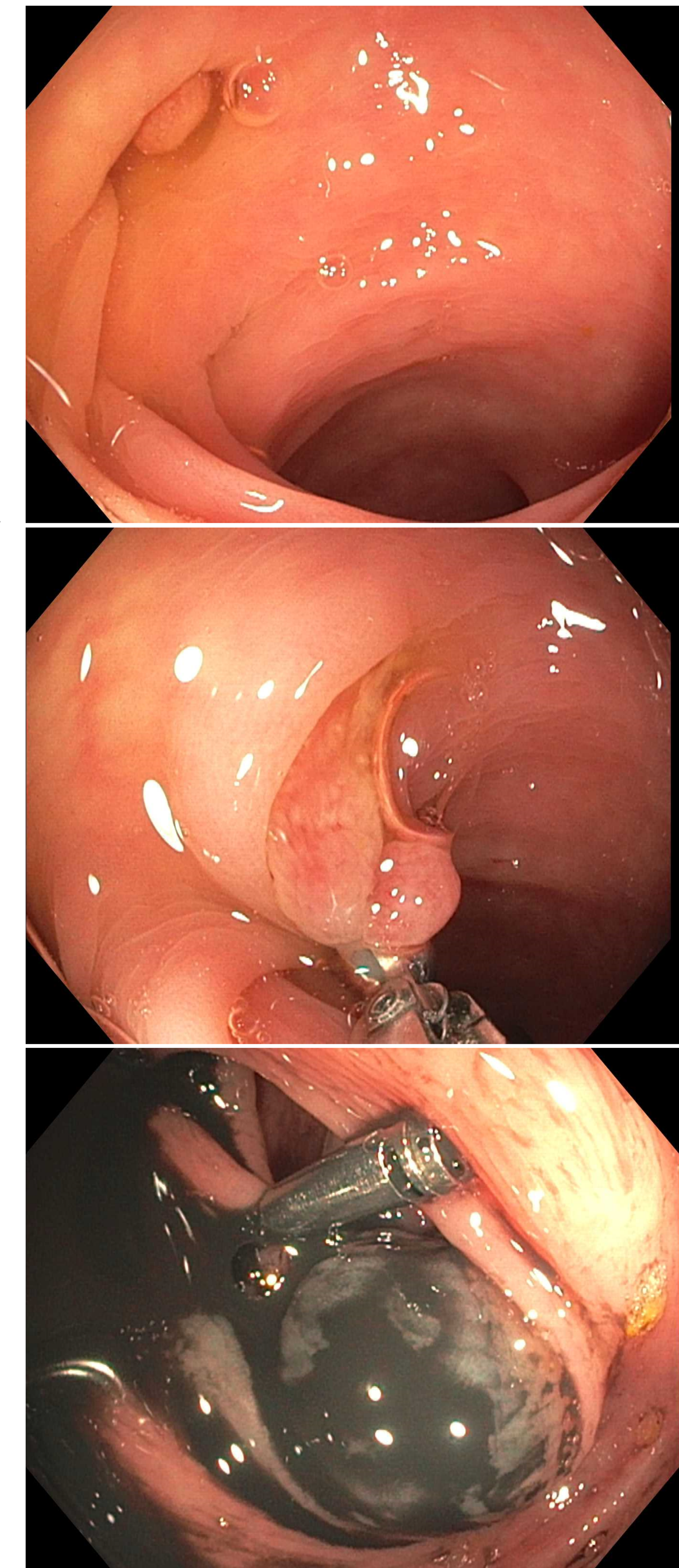
The patient underwent diagnostic colonoscopy and was found to have multiple small-mouthed diverticula in the sigmoid colon. A 5mm semi-pedunculated polyp was visualized in the sigmoid colon within one of the diverticulum. It was completely removed with jumbo cold forceps and two clips were placed to achieve hemostasis. The area was subsequently tattooed. It was identified histologically as an inflammatory non-neoplastic polyp.

Discussion

Given the high prevalence of diverticulosis and colonic polyps independently, it is fascinating to observe how rarely these conditions intersect. This was ultimately a benign finding but could there be pathological reason for diverticular mucosa to not bear polyps -- or its reciprocal -- the base of a polyp less susceptible to sacculatation?

References

1. Rezapour M, Ali S, Stollman N. Diverticular Disease: An Update on Pathogenesis and Management. *Gut Liver*. 2018;12(2):125-132. doi:10.5009/gnl16552
2. Shaikat A, Kahi CJ, Burke CA, Rabeneck L, Sauer BG, Rex DK. ACG Clinical Guidelines: Colorectal Cancer Screening 2021. *Am J Gastroenterol*. 2021;116(3):458-479. doi:10.14309/ajg.0000000000001122



Figures A and B: Semi-pedunculated polyp within one of the diverticulum in the sigmoid colon
Figure C: Clips placed to achieve hemostasis