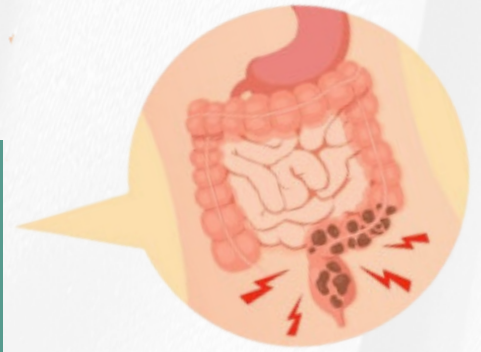




CONSTIPATION



WHAT IS CONSTIPATION?

Constipation is a problem with passing stool.

Constipation generally means passing fewer than three stools a week or having a difficult time passing stool. Constipation is fairly common. A lack of dietary fiber, fluids and exercise can cause constipation. But other medical conditions or certain medicines may be the cause.

Long-term constipation, also called chronic constipation, may require treating another disease or condition that can cause or worsen constipation.

SYMPTOMS

- Fewer than three stools a week.
- Hard, dry or lumpy stools.
- Straining or pain when passing stools.
- A feeling that not all stool has passed.
- A feeling that the rectum is blocked.
- The need to use a finger to pass stool.

CAUSES

- Lifestyle causes: Lack of fluid intake, low fiber intake, decreased physical activity,
- Medications that treat pain, high blood pressure, seizures, depression
- Problems with pelvic floor muscles
- Blockage In the colon or rectum
- Irritable bowel syndrome
- Diabetes
- Nerve dysfunction or damage
- Overactive thyroid
- Parkinson's disease
- Pregnancy

RISK FACTORS

- Older age
- Female
- Little physical activity
- Depression
- Eating disorder

COMPLICATIONS

- Swollen tissues around the anus, also called hemorrhoids.
- Torn tissues of the anus, also called anal fissures.
- Hard stools backed up into the colon, also called fecal impaction.
- Exposed tissues of the rectum that have slipped out of the anal opening, also called rectal prolapse.

PREVENTION

- Eat lots of high-fiber foods, including vegetables, fruits, beans and whole-grain foods.
- Eat fewer foods with low amounts of fiber such as processed foods, dairy and meats.
- Drink plenty of fluids.
- Stay active and exercise regularly.
- Don't ignore the urge to pass stool.
- Create a regular schedule for passing stool, especially after a meal.

TREATMENT

- Laxatives
- Enemas
- Suppositories
- Prescription medications (relistor, symproic, movantik)