



# Constipation



such as antihistamines , Certain blood pressure medicines, including calcium channel blockers , Psychiatric medications , Anticonvulsant/seizure medications , Anti-nausea medications

► **Medical and health conditions that can cause constipation include:** Endocrine problems, like underactive thyroid gland (hypothyroidism), diabetes, uremia, hypercalcemia , Colorectal cancer , Irritable bowel syndrome (IBS) , Diverticular disease , Outlet dysfunction constipation (A defect in the coordination of pelvic floor muscles. These muscles support the organs within the pelvis and lower abdomen. They are needed to help release stool.) , Neurologic disorders including spinal cord injury, multiple sclerosis, Parkinson’s disease, and stroke , Lazy bowel syndrome. The colon contracts poorly and retains stool. , Intestinal obstruction , Structural defects in the digestive tract (like fistula, colonic atresia, volvulus, intussusception, imperforate anus, or malrotation.) , Multiple organ diseases, such as amyloidosis, lupus and scleroderma , Pregnancy

► **Sign and symptoms:** Your bowel movement is painful and stools are difficult to pass , You have fewer than three bowel movements a week , Your stools are dry, hard and/or lumpy , You have a stomach ache or cramps , You feel bloated and nauseous , You feel that you haven’t completely emptied your bowels after a movement.



- Not eating enough high-fiber foods.
- High-fiber foods keep food moving through the digestive system.
  - Taking certain medications.
- Having certain neurological (diseases of the brain and spinal cord) and digestive disorders.

## ► What causes constipation?! ◀

- **Common lifestyle causes:** Eating foods low in fiber , Not drinking enough water , Not getting enough exercise , Changes in your regular routine, such as traveling or eating or going to bed at different times , Eating large amounts of milk or cheese , Stress , Resisting the urge to have a bowel movement.
- **Medications that can cause constipation:** Strong painkiller medicines, like the narcotics containing codeine , Nonsteroidal anti-inflammatory drugs (NSAIDs) , Antidepressants , Antacids containing calcium or aluminium , Iron pills , Allergy medications,



## ► Constipation ◀

Constipation refer to infrequent bowl movement or tough stool passage. It happens mostly due to changes in diet or routine, or due to inadequate fiber intake. When the colon absorbs too much water from waste (stool), this drying out make the stool hard in consistency and difficult to push out of the body. This happens when the waste moves too slowly through the digestive tract and this gives the colon more time (too much time) to absorb water from the waste.

Having fewer than three defecations a week is, technically, the definition of constipation. However, how often you “go” varies widely from person to person. Some people have bowel movements several times a day while others have them only one to two times a week. Whatever your bowel movement pattern is, it’s unique and normal for you – as long as you don’t stray too far from your pattern.

Regardless of your bowel pattern, one fact is certain: the longer you go before you “go,” the more difficult it becomes for stool to pass.

## ► How common is constipation ◀

You are not alone if you have constipation.



Constipation is one of the most frequent gastrointestinal complaints in the United States. At least 2.5 million people see their doctor each year due to constipation.

People of all ages can have an occasional bout of constipation. There are also certain people and situations that are more likely to lead to becoming more consistently constipated (“chronic constipation”). These include:

- Older age. Older people tend to be less active, have a slower metabolism and less muscle contraction strength along their digestive tract than when they were younger.
- Being a woman, especially while you are pregnant and after childbirth. Changes in a woman’s hormones make them more prone to constipation. The baby inside the womb squishes the intestines, slowing down the passage of stool.