

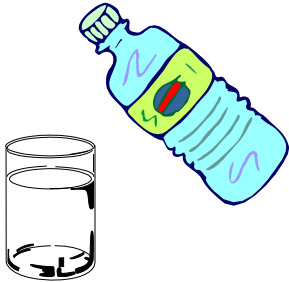
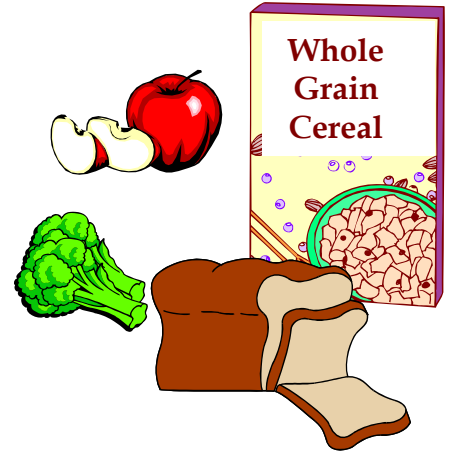
What Causes Constipation?

- Eating too little fiber
- Not drinking enough liquids
- Lack of physical activity/exercise
- Change in routine
 - ▶ Travel
- Older age
 - ▶ Slower metabolism
- Frequent use of laxatives
- Certain diseases or conditions
 - ▶ Depression, irritable bowel syndrome, stroke, MS, lupus, Parkinson's disease, thyroid conditions
- Some medications
 - ▶ Pain, antacids with aluminum, antidepressants, iron supplements, "water pills"



What Can You Do to Help Prevent or Treat Constipation?

- Eat foods every day that include more fiber like beans, bran, whole grains, fresh fruits and vegetables
- Drink more water and other liquids
- Become more physically active every day
- Allow yourself enough time to have a bowel movement
- Use laxatives only if a doctor says you should



Points to Remember

- Normal bowel habits vary -not everyone needs to have a bowel movement every day
- If your bowel habits change significantly, check with your doctor
- Ask your doctor if any of your medications may be causing constipation



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