



Secure Tomorrow

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# CONSTIPATION



Constipation is generally described as having fewer than three bowel movements a week. Chronic constipation is having few bowel movements or difficulty passing stool that persists for several weeks or longer.

\*Poor diet is usually the cause of constipation.

## Signs and Symptoms of constipation

- Passing stool less than three times a week.
- Passing hard or lumpy stool.
- Straining or pain during bowel movements.
- Feeling like there's a blockage in the rectum that prevents bowel movements.
- Feeling full even after having a bowel movement.

## Prevention and management

- **Increase your fibre intake;** Increase intake of fibre-rich foods such as fruits, vegetables and whole grains.
- **Get more exercise;** Regular exercise helps keep stool moving through the colon.
- **Drink more water;** Aim for eight evenly spaced glasses daily. Avoid dehydrating fluids such as coffee, sodas and alcohol.
- **Do not postpone bowel movements:** Go when you feel it.

\*The thing about constipation; it feels terrible and if it's happening a lot, then you probably need to be seen by a doctor.

**Risk. Reinsurance. People.**

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