

# Constipation

## What Is Constipation?

Constipation refers to a common digestive issue characterized by infrequent bowel movements or difficulty in passing stools. It is often associated with hard and dry stools, making bowel movements challenging and uncomfortable.

## What Are The Causes?

Constipation can arise from various factors. Inadequate fibre intake, dehydration, lack of physical activity, and certain medications are common contributors. Underlying medical conditions such as irritable bowel syndrome (IBS) or hypothyroidism can also lead to constipation.

## What Are The Potential Symptoms?

Symptoms of constipation include reduced frequency of bowel movements, straining during bowel movements, a feeling of incomplete evacuation, and abdominal discomfort. Individuals may also experience bloating and abdominal pain.

## How To Treat Constipation?

Treatment for constipation often involves lifestyle modifications. Increasing dietary fibre intake, staying hydrated, and engaging in regular physical activity can help alleviate symptoms. Over-the-counter laxatives or prescription medications may be recommended in some cases. Establishing regular bowel habits is essential for long-term management.

## What Are The Risks Involved?

While constipation is generally a benign condition, chronic or severe cases can lead to complications. Straining during bowel movements may cause haemorrhoids or anal fissures. Prolonged constipation can also result in faecal impaction, a more severe condition requiring medical intervention.

## How Long Is Recovery?

The duration of recovery from constipation varies based on its underlying causes and the effectiveness of interventions. Lifestyle changes, such as dietary adjustments and increased physical activity, may lead to improvements in a relatively short period. In cases where constipation is secondary to an underlying medical condition, ongoing management and regular follow-ups with healthcare providers are necessary for sustained relief and prevention of recurrence. Adopting healthy bowel habits is crucial for long-term recovery and overall digestive health.