

# Senior Citizens and Constipation

**A**lthough everyone experiences **constipation** at times, seniors have the tendency to experience it more often. Constipation particularly explains a symptom of some underlying cause characterized by less regular defecation, more time required to pass stool, and harder stool. Consistency is different for everyone, so people should not be too concerned about having a certain number of bowel movements in a certain time period.



## Causes

**Colon Issues:** Colon or large intestine problems occur mainly due to collection of toxic waste materials in the colon. This can affect the process of absorption of vital nutrients. Excessive use of alcohol, laxatives, medicines, and supplements can lead to colon problems.

**Diet plan:** If you are not eating enough high-fiber foods or eating too much high-fat meats, dairy, eggs, or sugary foods, this can cause constipation. Seniors may be more prone to becoming constipated for this reason, given that cooking for less people may result in eating more pre-made, less nutritious foods. Likewise, seniors with teeth problems may feel they have difficulty maintaining a diverse, fiber-rich diet. It is also important that seniors remain hydrated and drink plenty of fluids, which can prevent irregularity. Caregivers ought to encourage healthy eating practices by preparing healthy, well-balanced meals. Also, caregivers need to remind their patients to take in sufficient fluids by providing them with juice and water throughout the day.

*“ Using a lot of laxatives and enemas: Although many people believe that laxatives are a cure for constipation, the effect they have on the body works in the opposite way. In simple terms, using laxatives causes the body to believe that it requires laxatives to have a normal defecation and leading to more constipation when not taking laxatives.*

- Lack of exercise: Inactivity or costs large amounts of time in bed or a chair for recovery from medical treatments can result in constipation.
- Considering that we often become less active with age, this is also likely to contribute to constipation in senior citizens.
- Still, it is very important that seniors maintain an appropriate level of physical activity.
- Caregivers can encourage this with basic activities like going on walks with their client.

*Holding back defecation: If someone chooses to have a BM at home or holds back the urge, this can ultimately lead to constipation.*

**Medical conditions:** Some underlying causes of constipation include stroke, diabetes, blockage in the intestines, or a more specific condition called **irritable bowel syndrome** (IBS) characterized by pain, bloating, and constipation or **diarrhea**.

There are so many more web pages out there that offer expert and valuable tips on **IBS** aid, so take a browse around the ones mentioned above and you must have a good idea as to which ones are valuable to you.

- To find the correct solution or treatment for a specific gastrointestinal problem, it is important to discover its causes.
- The problems are usually triggered by wrong foods, wrong eating habits, infection, direct exposure to toxic substances, etc

Consuming at least three 12-oz servings of water or juice everyday can prevent constipation.

## Take Part in a Healthy Amount of Physical Activity.

Symptoms associated with constipation are severe, it may be necessary to talk to a doctor. You need to look for medical attention if bowel habits change, if you find blood in the stool, you have major stomach discomforts, you experience weight loss without trying, or fiber and exercise do not help with constipation.

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