

Constipation and Navigating Relief

Mohammad Darvishi*

Department of Medicine, AJA University of Medical Sciences, Tehran, Iran

Introduction

Constipation is a common digestive ailment that affects people of all ages, often causing discomfort and disruption to daily life. Characterized by infrequent bowel movements and difficulty passing stools, constipation can stem from various factors, including lifestyle choices, dietary habits, medical conditions, and medications. This article delves into the intricate world of constipation, exploring its causes, symptoms, risk factors, diagnosis, treatment options, and the significance of proactive measures for managing and preventing this common condition. Constipation occurs when the stool becomes hard, dry, and difficult to pass through the intestines. A sedentary lifestyle, lack of physical activity, and inadequate fluid intake can slow down the digestive process. A diet low in fiber and high in processed foods, fats, and sugars can also contribute to constipation. Fiber plays a crucial role in promoting regular bowel movements. Insufficient fiber intake can lead to stools becoming compacted and difficult to pass. Certain medications, such as pain relievers (opioids), antidepressants, and iron supplements, can slow down bowel movements and lead to constipation. Conditions like Irritable Bowel Syndrome (IBS), hypothyroidism, diabetes, and neurological disorders can affect the functioning of the digestive system and contribute to constipation. Travel, changes in daily routine, and ignoring the urge to have a bowel movement can disrupt the natural bowel movement pattern [1].

Description

The symptoms of constipation can vary in severity and duration. Having fewer than three bowel movements a week is often a sign of constipation. Difficulty passing hard and lumpy stools can cause discomfort. Effort required to pass stools and feeling like the bowels are not fully emptied. Cramps, bloating, and a feeling of fullness in the abdomen can be present. Due to the strain of passing hard stools, minor rectal bleeding might occur. Certain factors can increase the likelihood of developing constipation. The elderly and children are more susceptible due to slower bowel movement patterns in these age groups. Women tend to be more prone to constipation than men. A low-fiber diet and inadequate fluid intake can contribute to constipation. Lack of exercise and sedentary behavior can slow down bowel movements. Certain medications, as mentioned earlier, can lead to constipation. Hormonal changes during pregnancy can slow down the digestive system [2].

Diagnosing constipation involves a thorough evaluation of symptoms, medical history, and potential underlying causes. If constipation is chronic or accompanied by concerning symptoms, healthcare providers may conduct further tests, including to check for thyroid dysfunction or other underlying medical conditions. If warranted, a colonoscopy might be recommended to rule out structural issues. Effective management of constipation focuses on addressing the underlying causes and promoting regular bowel movements [3].

Increasing fiber intake through fruits, vegetables, whole grains, and legumes can help regulate bowel movements. Drinking plenty of fluids, especially water,

***Address for Correspondence:** Mohammad Darvishi, Department of Medicine, AJA University of Medical Sciences, Tehran, Iran, E-mail: mohammaddarvishi83@gmail.com

Copyright: © 2023 Darvishi M. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Received: 01 July, 2023, Manuscript No. rrms-23-112186; **Editor assigned:** 03 July, 2023, PreQC No. P-112186; **Reviewed:** 15 July, 2023, QC No. Q-112186; **Revised:** 21 July, 2023, Manuscript No. R-112186; **Published:** 29 July, 2023, DOI: 10.37421/2952-8127.2023.7.118

supports digestive health. Engaging in regular exercise stimulates the digestive system and promotes bowel movements. Maintaining a regular bathroom schedule, especially in the morning, can help train the body to have regular bowel movements. If dietary fiber intake is inadequate, fiber supplements can aid in bowel regularity. OTC stool softeners can make stools easier to pass. These can provide short-term relief for acute constipation, but should not be used long-term without medical guidance. Prescription Medications: For chronic constipation, your doctor might recommend prescription medications that stimulate bowel movements or alter the fluid balance in the intestines. Preventing constipation involves adopting healthy habits and being mindful of potential triggers. Balanced diet rich in fiber, fruits, vegetables, and whole grains can prevent constipation. Staying adequately hydrated supports proper digestion. Regular exercise stimulates bowel movements and promotes overall health. Chronic stress can affect digestive health, so adopting stress-reduction techniques can be beneficial [4,5].

Conclusion

Constipation, though often seen as a minor inconvenience, can significantly impact daily life and overall well-being. By unraveling the causes, recognizing the symptoms, and adopting a proactive approach to prevention and management, individuals can navigate the path to relief and optimal digestive health. Through a combination of lifestyle adjustments, dietary modifications, and seeking medical guidance when necessary, the challenges posed by constipation can be effectively addressed, enabling individuals to regain control over their comfort and quality of life.

Acknowledgement

None.

Conflict of Interest

None.

References

1. Bharucha, Adil E., Spencer D. Dorn, Anthony Lembo and Amanda Pressman. "American Gastroenterological Association medical position statement on constipation." *Gastroenterol* 144 (2013): 211-217.
2. Mehendale, Anand W., Mark P. Goldman and Rachel P. Mehendale. "Opioid Overuse Pain Syndrome (OOPS): The story of opioids, prometheus unbound." *J Opioid Manag* 9 (2013): 421-438.
3. Hale, Martin, James Wild, Jyotsna Reddy, Tadaaki Yamada and Juan Camilo Arjona Ferreira. "Naldemedine versus placebo for opioid-induced constipation (COMPOSE-1 and COMPOSE-2): Two multicentre, phase 3, double-blind, randomised, parallel-group trials." *Lancet Gastroenterol Hepatol* 2 (2017): 555-564.
4. Higgins, Peter DR and John F. Johanson. "Epidemiology of constipation in North America: A systematic review." *Am J Gastroenterol ACG* 99 (2004): 750-759.
5. Camilleri, Michael, Nyree K. Thorne, Yehuda Ringel and William L. Hasler, et al. "Wireless pH-motility capsule for colonic transit: Prospective comparison with radiopaque markers in chronic constipation." *Neurogastroenterol Motil & Motility* 22 (2010): 874-e233.

How to cite this article: Darvishi, Mohammad. "Constipation and Navigating Relief." *Res Rep Med Sci* 7 (2023): 118.