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Potential risk factors for constipation in the community

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**Constipation in an elderly community: a study of ...**  
<https://pubmed.ncbi.nlm.nih.gov/8561137>  
Nonsteroidal anti-inflammatory drugs and other medications were significant risk factors in subjects with functional constipation and outlet delay combined.  
Cited by: 301 Author: N J Talley, K C Fleming, J M Evans, E...  
Publish Year: 1996

**Prevalence of, and risk factors for, chronic idiopathic ...**  
<https://pubmed.ncbi.nlm.nih.gov/21606976>  
Objectives: Chronic idiopathic constipation (CIC) is a common functional gastrointestinal disorder in the community, yet no previous systematic review and meta-analysis has estimated

**Constipa**  
Infrequent, irre  
evacuation of t

**Common ca**  
Constipation is  
underlying con  
by:  
• Insufficient c  
water in mecv

Also try: risk for constipation - constipation health risks

**Here are some factors that may be related to constipation:**

- Limited fluid intake
- Low-fiber diet
- Lack of activity
- Sedentary lifestyle
- Medication use
- Laxative overuse
- Stress
- Depression
- Lack of privacy
- Fear of pain with defecation
- Ignoring urge to defecate
- Tumor
- Neurogenic disorders

More ...

**Constipation – Nursing Diagnosis & Care Plan - Nurseslabs**  
[nurseslabs.com/constipation/](https://nurseslabs.com/constipation/)

Was this helpful?

**PEOPLE ALSO ASK**

What diseases cause constipation?

What does it mean to have chronic constipation?

### Constipation

Inrequent, irregular or difficult evacuation of the bowels.

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**Common causes**

Constipation is not always related to an underlying condition. It may be caused by:

- Insufficient quantities of fiber and water in meals
- Changes in diet or normal activities
- Physical inactivity
- Holding stool for long periods even with the urge
- Drugs such as narcotics, antidepressants, and anti-acids (especially those rich in Ca and Al)

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**Treatment**

**Self-treatment:** Self-care steps that may be helpful in some less-serious cases:

- Regular exercise for example swimming, walks
- Increase the content of fiber in food, choose higher fiber cereals and legumes
- Desist from waiting or holding in the urge to defecate
- Avoid processed or fast foods, white bread, doughnuts, pastries
- Drink more fluids, especially water
- Eat more fruits as they help relieve constipation. For those with edible skins, do not peel them as they are rich in fiber

**See a doctor if you notice:**

- Abdominal pain and fever
- That the last bowel movement was more than 3 days ago
- Leaking stool
- Recurrent bleeding from the rectum

**See a doctor immediately if you notice:**

- Vomiting occurs and the vomitus has a bright yellow or green coloration (bile)
- Vomiting and swelling or unusual abdominal distention
- Severe pain in the rectum
- Melena or black/tarry stool



**Name of Journal:** *World Journal of Gastroenterology*

**Manuscript NO:** 63276

**Manuscript Type:** MINIREVIEWS

**Potential risk factors for constipation in the community**

Werth BL *et al.* Constipation risk factors

Barry Lewis Werth, Sybele-Anne Christopher

**Abstract**

Constipation is a common community health problem. There are many factors that are widely thought to be associated with constipation but real-world evidence of these associations is difficult to locate. These potential risk factors may be categorised as demographic, lifestyle and health-related factors. This review presents the available evidence for each factor by an assessment of quantitative data from cross-sectional studies of community-dwelling adults published over the last 30 years. It appears that there is evidence of an association between constipation

**Match Overview**

- 1 **Crossref** 21 words  
Barry L. Werth, Sybele-Anne Christopher "Laxative Use in the Community: A Literature Review", *Journal of Clinical Med* <1%
- 2 **Crossref** 16 words  
Barry Werth "Epidemiology of constipation in adults: Why? (rates of prevalence differ)", *Journal of Epidemiological Res* <1%
- 3 **Internet** 13 words  
crawled on 05-Dec-2020  
pure word <1%



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- Medication use
- Laxative overuse
- Stress
- Depression
- Lack of privacy
- Fear of pain with defecation

[More items...](#)

**Constipation – Nursing Diagnosis & Care Plan - Nurseslabs**

[nurseslabs.com/constipation/](https://nurseslabs.com/constipation/)

Was this helpful?

PEOPLE ALSO ASK

- What diseases cause constipation? ▾
- What does it mean to have chronic constipation? ▾
- What are the causes of chronic constipation? ▾
- What are the conditions of constipation? ▾

Feedback