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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: 301Author: 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

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Common ca

Constipation is

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• Insufficient c

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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

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

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PEOPLE ALSO ASK

What diseases cause constipation? ▾

What does it mean to have chronic constipation? ▾

## Constipation

Infrequent, irregular or difficult evacuation of the bowels.

### 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)

### 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

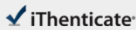
**See a doctor immediately if you notice:**

- 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

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**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

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Barry L. Werth, Sybele-Anne Christopher "Laxative Use in the Community: A Literature Review", *Journal of Clinical Med*

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Barry Werth, "Epidemiology of constipation in adults: Why ... trials of prevalence differ", *Journal of Epidemiological Res*

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Text-Only Report

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- Depression
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- Fear of pain with defecation

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#### 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?

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