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Keep smooth defecation for the elderly



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All information above has been reviewed by Gastroenterology specialists
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A. What is constipation?

Under normal diet, there is no defecation for more than three days, or it is necessary to solve the problem and solve the granule-like hard stool. A feeling of incomplete emptying, and the symptoms last for a while, it is called constipation.

B. Common causes of constipation?

Insufficient cellulose intake	Nervous system disease or muscle disease	Endocrine or metabolic, gastrointestinal disease
		
Mental disorder	Drug side effects	
		

C. How to prevent constipation?

<p>Drink more water(According to the doctor's advice)</p>	<p>Five fruits and vegetables every day</p>	<p>Exercise at least 20 minutes a day</p>
		
<p>Regular bowel movement</p>	<p>Taking probiotics or yogurt</p>	
		

D. Conclusion:

If the above methods still can not improve constipation, it is recommended that doctors consult and detail the condition, in order to truly correct the symptoms; to maintain a happy mood is the only way, appropriate exercise, adequate drinking water and a balanced diet, is the

secret of regular health.

E. Reference:

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Let us take the quiz to make sure you understand

1. Constipation refers to not having a bowel movement for more than three days, or having to exert great effort to pass a stool, or passing out granular hard stool, and being unable to pass a stool when you want to.

Yes No Don't know

2. Insufficient fiber intake and drug side effects are common causes of constipation in the elderly.

Yes No Don't know

3. Reading a newspaper or using your cell phone while going to the toilet can help relax your mind and help you have a bowel movement.

Yes No Don't know

4. Psychiatric diseases, neurological diseases or muscle diseases, endocrine or metabolic diseases, and gastrointestinal system diseases may cause constipation problems.

Yes No Don't know

5. Constipation can be improved by drinking more water, supplementing with fruits and vegetables, and exercising appropriately.

Yes No Don't know