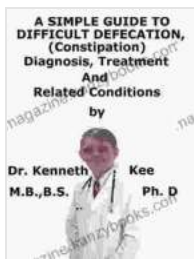


# Simple Guide to Difficult Defecation: Constipation Diagnosis and Treatment

Constipation, the difficulty in passing stools, is a common problem that affects people of all ages. It can be a frustrating and uncomfortable condition, but it is important to remember that it is usually not a serious medical condition.

There are many different causes of constipation, including diet, lifestyle, and medical conditions. It is important to see a doctor if you have persistent constipation to rule out any underlying medical conditions.



## A Simple Guide To Difficult Defecation (Constipation), Diagnosis, Treatment And Related Conditions by Kenneth Kee

★★★★☆ 4 out of 5

Language	: English
File size	: 406 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 113 pages
Lending	: Enabled



## Symptoms of Constipation

The symptoms of constipation can vary from person to person. Some of the most common symptoms include:

- Hard stools
- Difficulty passing stools
- Straining during bowel movements
- Abdominal pain and bloating
- Nausea and vomiting
- Loss of appetite

## **Causes of Constipation**

There are many different causes of constipation, including:

- **Diet:** A diet that is low in fiber can cause constipation. Fiber helps to add bulk to stools and make them easier to pass.
- **Lifestyle:** A sedentary lifestyle can also lead to constipation. Exercise helps to stimulate the bowel muscles and promote regular bowel movements.
- **Medical conditions:** Some medical conditions, such as irritable bowel syndrome (IBS) and diabetes, can also cause constipation.

## **Diagnosis of Constipation**

The diagnosis of constipation is usually based on the patient's symptoms. A doctor may also perform a physical examination to look for any signs of an underlying medical condition.

In some cases, a doctor may Free Download tests to rule out other conditions that may be causing the constipation. These tests may include

blood tests, stool tests, and imaging tests.

## **Treatment of Constipation**

The treatment of constipation will depend on the underlying cause. If the constipation is caused by a diet that is low in fiber, the doctor may recommend adding more fiber to the diet. This can be done by eating more fruits, vegetables, and whole grains.

If the constipation is caused by a sedentary lifestyle, the doctor may recommend exercising more regularly. Exercise helps to stimulate the bowel muscles and promote regular bowel movements.

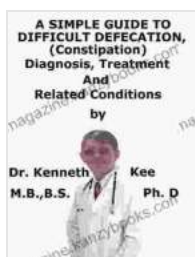
If the constipation is caused by a medical condition, the doctor may prescribe medication to treat the underlying condition. Medication can also be used to relieve the symptoms of constipation.

## **Prevention of Constipation**

There are a number of things that you can do to prevent constipation, including:

- Eat a diet that is high in fiber.
- Exercise regularly.
- Drink plenty of fluids.
- Go to the bathroom when you feel the urge.
- Avoid straining during bowel movements.

Constipation is a common problem that can be frustrating and uncomfortable. However, it is usually not a serious medical condition. There are a number of things that you can do to prevent and treat constipation. If you have persistent constipation, it is important to see a doctor to rule out any underlying medical conditions.



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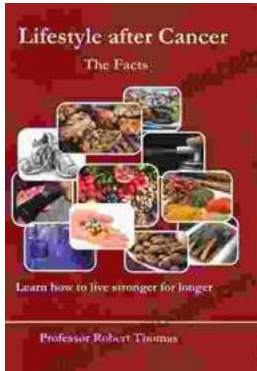
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