



# Constipation

Constipation describes infrequent bowel movement, often with hard, dry stool that is difficult to pass. It may be associated with bloating, straining and pain. It is caused by inadequate muscle contraction or over absorption of water. Constipation is thought to affect approximately 20 per cent of the population. It can be a symptom of many serious illnesses; although once these are ruled out its management can be quite straightforward, involving both dietary interventions and laxatives. Constipation increases with age. Females are twice as likely to develop constipation as males

## Causes

The causes of constipation are often unknown, but it may also be due to a medical condition or a side effect of medication. A diet low in fibre and not drinking enough fluids commonly causes constipation. Lack of exercise is associated with constipation. Ignoring the urge to pass stool over a long period can result in chronic constipation. A sudden change in schedule such as travel may result in constipation. Constipation is common during pregnancy

## Management

Dietary fibre together with adequate fluids together and regular exercise are the most effective approach to therapy. There are many treatments available over the counter or on prescription if constipation doesn't improve. More details information on prevention and treatment of constipation can be obtained in Whelehans Pharmacy or at [www.whelehans.ie](http://www.whelehans.ie)

## ***How “Optibac<sup>®</sup> for Maintaining Regularity” can help?***

Maintaining a healthy balance of good bacteria in your gut helps maintain daily bowel movements. “Optibac<sup>®</sup> for Maintaining Regularity” contains *Bifidobacterium lactis* BB-12<sup>®</sup> which is scientifically proven to maintain bowel movements. It contains Probiotics and Prebiotics such as fructooligosaccharides which are the food source for probiotics in the body and act as roughage in the bowels. “Optibac<sup>®</sup> for Maintaining Regularity” is appropriate for long-term use, can be taken by infants from 1 year and up and is gentle enough for pregnancy, breastfeeding mothers and the elderly

## Benefits of probiotics

Probiotics are good bacteria that help crowd out the harmful bacteria in order to keep you healthy. This is important because more than 70% of your immune defences can be found in your digestive tract. Optibac<sup>®</sup> is the highest quality and most researched range of pre and probiotics. They are clinically proven to remain stable at room temperature and survive stomach acidity

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