

DECEMBER IS **Constipation** Awareness Month



What is constipation? Medically, constipation refers to:

- ✓ Fewer than three bowel movements per week
- ✓ Hard, dry, or lumpy stools
- ✓ Straining or pain while passing stool
- ✓ A feeling of incomplete evacuation after using the toilet

Common Causes of Constipation

Lifestyle & Dietary Causes

- ✓ Low fiber intake – not eating enough fruits, vegetables, and whole grains
- ✓ Inadequate water consumption throughout the day
- ✓ Long sitting hours at a desk or lack of physical activity
- ✓ Frequently skipping meals or irregular eating patterns
- ✓ Overuse of fast food, refined flour, and processed snacks

Medical & Medication-Related Causes

- ✓ Thyroid disorders (especially hypothyroidism)
- ✓ Diabetes and certain neurological conditions
- ✓ Side-effects of painkillers, iron tablets, antidepressants, or antacids
- ✓ Long-term use of over-the-counter laxatives

Behavioural Causes

- ✓ Ignoring or delaying the urge to pass stool because of work or travel
- ✓ Feeling uncomfortable using public or office washrooms
- ✓ Stress, anxiety, and lack of sleep affecting gut motility

If you find honey, eat only what you need, lest you have your fill and vomit it up. *Proverbs 25:16*



Never Ignore

- ✓ Constipation lasting more than three weeks
- ✓ Severe straining or pain during bowel movements
- ✓ Blood in stool or on toilet paper
- ✓ Unexplained weight loss or tiredness
- ✓ Alternating constipation and loose stools
- ✓ Persistent bloating, cramps, or nausea

Prevent Constipation: Eat Fiber Every Day Including

- ✓ Fresh fruits like papaya, apple, pear, banana, and guava
- ✓ Vegetables like carrots, beans, green leafy vegetables, and beetroot
- ✓ Whole grains like brown rice, oats, millets, and whole wheat

Other Ways to Promote Gut Health

- Aim for **8–10 glasses of water per day**, unless a medical condition that restricts fluid intake
- Physical activity stimulates bowel movement. Even a **30-minute brisk walk** daily can make a big difference to digestion.
- Do not postpone or suppress the urge to pass stool. Create a relaxed morning routine with enough time for toilet habits without rushing.
- **Limiting Junk and Processed Foods**
- Simple practices like **yoga, prayer, meditation, and 7–8 hours of sleep** help restore balance in the digestive system.

You should visit your health care provider if:

- ✓ Home remedies and diet changes are not working
- ✓ Constipation is affecting your daily work, sleep, or mood
- ✓ You notice blood in stool or severe pain while passing stool
- ✓ You have a history of piles, fissure, or bowel surgery
- ✓ You are elderly, diabetic, or on multiple medications



Source: <https://www.myhealthhospitals.com/constipation-awareness-month.php>

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