



# Understand Constipation

## What is Constipation?

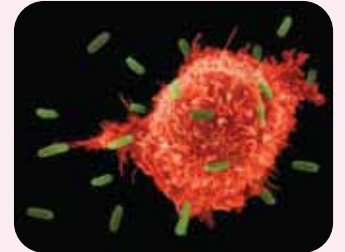
Constipation happens when too much water is absorbed by the large intestine, leaving a very hard and dry stool that can't be passed without straining

## Common Causes

1. Not drinking enough fluids.
2. Being inactive
3. Not eating enough fiber
4. Not eating regularly enough to stimulate the intestines to move food along
5. Certain high-protein foods
6. Drugs abuse

## Side Effect

1. Formation of hemorrhoid
2. Fecal Impaction
3. Weakened body immune system
4. Obesity
5. Fatigue
6. Sleep disorders
7. Rheumatic fever



## Eat Healthy to Avoid Constipation Remedies for Constipation



### 1. Fiber

Example of high-fiber food:  
 ½ cup navy beans: 9.5 grams (g)  
 1 small pear: 4.4 g  
 ¼ cup dates: 3.6 g  
 1 medium apple: 3.3 grams  
 1 medium sweet potato: 4.8 g

Fiber Intakes	Woman	Man
20 -49 years old	25g	38g
> 50 years old	21g	20g

### 2. Stay hydrated

Drink more fluids to aid digestion. Aim for about 8 glasses a day. Choose low or no-calorie.



### 3. Exercise

Exercise can help food move more quickly through the large intestine.

### 4. Eat small meals but frequent

Frequent feeding keeps your intestines contracting and moving stool.



### 5. Avoid caffeine and alcohol

They could deplete body water stores. If you can't avoid these, then match your caffeinated or alcoholic beverage intake with an equal amount of water.



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