

## ***What Is Constipation?***

Constipation is a condition in which people have uncomfortable, difficult or infrequent bowel movements. Infrequent bowel movement generally refers to having bowel movement three times or less per week. Often time, people with constipation will have to strain, and experience pain as well as stress when they have a bowel movement.

## ***What Causes Constipation?***

- Inactivity
- Inadequate fluid intake
- Travel
- Illness
- Aging
- Inadequate fiber intake and too much fatty food
- Medications

## ***How to Treat Constipation?***

Constipation is a symptom, not a disease. It is usually a signal that an individual is not eating correctly, not drinking enough, or not getting enough exercise. Sometimes constipation can be a sign for something more serious and you should check with your doctor for that. But in many cases, simply making a few changes to your daily routine can resolve the problem. Rather than using stool softeners, laxatives or fiber tablets, try these instead:

- Be active. Adults of 65 years and above are recommended to exercise for no less than 150 minutes per week. Walking, dancing, gardening, hiking, and bicycling all count!
- Stay hydrated. Drink 6-8 glasses of fluids every day, this includes water, tea, coffee, broth and juices.
- Do not wait to use the restroom, go as you need to.
- Get enough fiber in your diet. Fiber adds bulk to the stool and makes it easier to eliminate.

## ***What Is Enough Fiber?***

For adults, aim for 21 to 38 grams of fiber per day. Look for foods that have more than 3 grams of dietary fiber per serving:

- 1 medium fruit
- 1 cup raw or ½ cup cooked leafy greens
- ½ cup cooked brown rice or oats
- ½ cup cooked dry beans
- 1 slice whole wheat bread
- ½ cup nuts

*Getting to Know Fruits and Vegetables. (2014).* American Heart Association. Retrieved from [https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\\_467681.pdf](https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_467681.pdf)

*Staying Regular. (2018).* Chinese Community Health Resource Center. Retrieved from [https://www.cchrchealth.org/sites/default/files/files/e\\_constipation.pdf](https://www.cchrchealth.org/sites/default/files/files/e_constipation.pdf)

*Tips for Eating More Fruits and Vegetables. (2017).* The Ohio State University Wexner Medical Center. Retrieved from <https://patienteducation.osumc.edu/Documents/tips-fruits-veg.pdf>

## 什麼是便秘？

便秘是指大便時感到不適、困難、或者排便次數很少的情況。一般來說，便秘患者每星期排便少於三次，並且於排便感到費力，不舒服和困難。

## 什麼會引起便秘？

- 運動不夠
- 喝水不夠
- 舟車勞頓
- 年歲增長
- 食物裏面纖維不夠和脂肪太多
- 藥物影響

## 如何治療便秘

便秘是一種症狀，而不是一種疾病。這通常是日常生活習慣出現問題的一個信號。因此，便秘患者在自行購買大便軟化劑，輕瀉劑或纖維片之前，應該先嘗試改變日常生活習慣：

- 每天運動，如散步，打太極拳，游泳，騎自行車等，盡量每週鍛煉超過150分鐘
- 每天飲用六至八杯水。亦可選擇低鹽清湯，蔬菜汁，茶或少量果汁等
- 需要排便時，不應忍耐，應馬上去洗手間。
- 食物中的纖維可增加大便的體積，速進腸道運動，使大便更易排出。

## 什麼是足夠的纖維？

纖維素的建議攝取量為每日21至38克，建議選用每份纖維含量至少三克的食物。一份量等於：

- 一個中等大小的水果
- 一杯生的或者半杯煮熟的綠葉蔬菜
- 半杯煮熟的糙米或者麥片
- 半杯煮熟的乾豆
- 一片全麥麵包