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Constipation—Know the Facts



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What is constipation?

Constipation means that bowel movements are difficult to pass or occur less frequently than usual.

There is no such thing as the perfect bowel movement schedule; however, going more than three or four days without one is usually too long.



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Is it common?

Constipation is one of the most common digestive issues in the United States. In general, 16 out of 100 adults experience constipation; the rate increases for older demographics as 33 out of 100 individuals over 60 suffer from constipation.



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What are the causes of constipation?

Common causes:

- Lack of water intake or fiber
- Overconsumption of dairy products
- Sedentary lifestyle
- Stress

Sometimes, individuals will experience chronic constipation. In such instances, not only does constipation occur more often, but the degree of constipation may also intensify.



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