



Constipation 便秘(英文)

Definition

The definition of constipation includes the following: infrequent bowel movements (typically <3 times per week), difficulty during defecation (straining during more than 25% of bowel movements or a subjective sensation of hard stools), or the sensation of incomplete bowel evacuation.

Causes of constipation

- Blockages in the colon or rectum
 - Anal fissure
 - Bowel obstruction: colon cancer or rectal cancer
 - Narrowing of the colon (bowel stricture); may be related to diverticulum or inflammatory bowel disease (IBD)
 - Difficulty with the muscle involved in elimination
- Dietary issues -- inadequate water or fiber
- Systemic disease
 - Diabetes
 - Hyperparathyroidism and hypothyroidism
- Problems with the nerves around the colon and rectum
 - Multiple sclerosis
 - Parkinson's disease
 - Spinal cord injury
 - Stroke