

Mayo Clinic Medical Edge

Treating Constipation

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	EVERY YEAR, TENS OF THOUSANDS OF PEOPLE VISIT THEIR DOCTOR WITH THE SAME COMPLAINT. CONSTIPATION.
Nicholas Talley, M.D. Track 1 (7:14)	"IF THERE ISN'T ANYTHING ELSE THAT'S WORRYING, AND THAT'S USUALLY THE CASE, THEN THE TYPICAL RECOMMENDATIONS THAT I MAKE WILL BE TO INCREASE YOUR FIBER."
	AND TO MAKE SURE YOU'RE DRINKING ENOUGH FLUIDS. THE FIBER, EXPLAINS MAYO CLINIC DR. NICHOLAS TALLEY, CAN BE IN THE FORM OF SUPPLEMENTS. EVEN

	BETTER, YOU CAN EAT FOODS NATURALLY HIGH IN FIBER SUCH AS FRUITS VEGETABLES AND WHOLE GRAINS. IN FACT, DR. TALLEY ENCOURAGES A WELL BALANCED DIET BECAUSE...
Dr. Talley Track 1 (7:50)	“IF YOU DON’T EAT, YOU DON’T POOP.”
	REDUCING YOUR STRESS LEVEL AND EXERCISING CAN ALSO HELP. LAXATIVES AND STOOL SOFTENERS MAY BE NEEDED IF DIET AND LIFESTYLE CHANGES DON’T DO THE TRICK. FINALLY, REMEMBER THAT BOWEL HABITS CAN VARY FROM PERSON TO PERSON. WORRYING ABOUT HOW OFTEN YOU’RE GOING CAN ACTUALLY MAKE YOU FEEL CONSTIPATED, EVEN IF YOU’RE NOT.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT

	MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.