

Constipation: Here's Help

When you know it's time to go but you can't. [door opening, closing] You feel blocked.

It's uncomfortable.

The thing is, everyone has their own schedule. Some people go 3 times a day. Others go every 3 days. But you.. maybe your schedule is off. You're straining. [sigh] Or you might be able to go, but you feel you have more to do.

So what's got you blocked? Sometimes it's a mystery. Sometimes it's just a change in your routine, such as traveling. [train whistle] Maybe it's something you're not eating, like fiber. [crunch] Sometimes it can also mean you haven't had enough water to drink. [gulp] The doctor may recommend or prescribe a medicine to soften things up or help you go.

Constipation. Even calling it by name doesn't help it go away. But you can try these things. One, eat high-fiber foods like fruits, vegetables, beans, and whole grains.

Two, try exercising. Just a 30-minute walk on most days of the week can help. Three, try a fiber supplement. Read and follow all the directions on the label.

train whistle] If these tips don't help you get back on track, or if things get worse, like if you have a fever, belly pain, or blood in your stool, call your doctor. [phone dialing] Constipation.

It can slow things down. But give yourself a break and take care. You'll feel better soon. [train speeding]