



HEALTH RECORD CONSTIPATION

Constipation is generally defined as having infrequent bowel movements, difficulty passing stools, or a feeling of incomplete evacuation.

Symptoms

- ✓ Infrequent bowel movements
- ✓ Hard stools
- ✓ Difficulty passing stools
- ✓ Feeling of incomplete evacuation
- ✓ Bloating
- ✓ Abdominal pain

Contributing factors

- Insufficient fiber intake
- Dehydration
- Sedentary lifestyle
- Certain medications
- Pregnancy
- Hormonal disorders

Conventional treatments

Dietary measures

- Laxatives according to medical recommendations
- Investigating for an underlying cause when necessary

Complementary approaches

A diet rich in fiber, sufficient hydration, regular physical activity and appropriate bowel habits often help to improve transit.

When to consult a doctor?

If constipation appears suddenly, is accompanied by significant pain, blood in the stool, weight loss, or persists despite usual measures.

Bellis Wellness Clinic Approach

Our support is based on an individualized analysis of eating habits, hydration, lifestyle and any digestive or hormonal factors that may contribute to constipation.

