

## Healthy Living: Staying Regular<sup>1</sup>

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### Staying regular means avoiding constipation!

About 20 percent of older persons suffer from constipation.

### Why is constipation a concern?

Over time, constipation can result in hemorrhoids, diverticulosis, and the inability to have a bowel movement.

### What causes constipation?

- ◇ overuse of laxatives
- ◇ limited physical activity
- ◇ not drinking enough fluids
- ◇ not eating enough fiber
- ◇ taking certain medications

### How can I prevent constipation?



- ✓ Stay physically active!
- ✓ Eat foods with fiber every day.
- ✓ Drink 6 to 8 cups of non-alcoholic beverages every day.

- ✓ Use a fiber supplement if you are not able to eat enough dietary fiber every day. Talk to your doctor before using fiber supplements.



### What foods contain fiber?

- ◆ Whole grain cereals
- ◆ Bran muffins
- ◆ Whole wheat bread
- ◆ Fruits and vegetables
- ◆ Popcorn
- ◆ Nuts
- ◆ Beans



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