

CONSTIPATION AND PARKINSON'S DISEASE



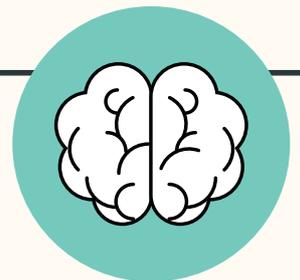
Parkinson's disease (PD) affects many body systems, including the "autonomic" nervous system – that is the part of the body that controls heart rate, sweating and gastrointestinal and urinary function. If this does not work properly, you can have problems like constipation and stomach cramps. Constipation can also prevent your PD medication working because the medicine gets trapped in the stomach. There are things you can do to help with these symptoms.

WHAT IS CONSTIPATION?

Constipation means difficulty passing stool (bowel movement) and/or a decrease in the number of stools. You may also have some of these symptoms:

- Not passing stool for days
- Bloating stomach and cramps
- Finding it hard to pass stool when you feel that you need to
- When you do pass stool, it doesn't feel like it has all come out
- Your stool might be hard

Constipation can last a few days, weeks or months. If you are having less than 3 bowel movements per week speak to your doctor.



WHAT CAUSES CONSTIPATION IN PD

- Your stomach and intestinal muscles might not work as fast to push food down
- The medication you take might cause constipation
- If you are less active your digestive system doesn't work as well
- If you don't drink enough water then the digestive system does not have enough lubrication



PREVENTING CONSTIPATION

- Drink a lot of water
- Reduce intake of caffeine and alcohol
- Drink warm liquids in the morning
- Eat more fibre, like beans, fruits and vegetables
- Reduce how much bread, cake and biscuits you eat
- Try to start a toilet routine
- Try squatting when you go to the toilet
- Exercise more – go walking or cycling



Join a local support group to learn more and meet other people with Parkinson's disease:

Nairobi: 0722722090

Mombasa: 0707564733

Kisumu: 0710884431



For more information about Parkinson's disease visit:

www.parkinsonkenya.wixsite.com/website

OR

www.parkinsonsafrica.com



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