

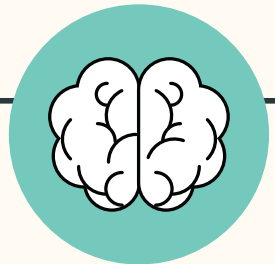
BOWEL PROBLEMS AND PARKINSON'S DISEASE



Many people with Parkinson's disease (PD) experience bowel problems. Reduced bowel movement or constipation are particularly common in PD. This is because of slowness of movement and muscle rigidity of muscles we cannot see, including the bowel muscles, which causes a reduction or slowness of bowel movements. You may experience constipation or bowel incontinence, and even nausea (feeling like you want to be sick). It can be dangerous if you become too constipated. There are several ways to help you manage your digestion and bowels.

HOW DOES PD AFFECT THE BOWELS?

- poor bowel function can be made worse if you have difficulty chewing and swallowing, making it harder to eat fibrous food which is harder to chew – fibrous foods can help keep bowel movements regular
- PD symptoms might make it difficult to do exercise, being inactive can slow down the movement of bowels
- anxiety about bowel movements can make it more difficult to go to the toilet, making it difficult to relax and pass stool
- certain medications can cause diarrhoea and you might not be able to control your bowel movements



TIPS TO HELP WITH BOWEL PROBLEMS

- **Exercising:** exercise will stimulate your bowels, which can help prevent constipation
- **Increase fibre intake:** eat fibrous foods like vegetables, beans, lentils, fruits, coffee
- **Increase water intake:** drink more water through the day, this will help with constipation
- **Relax:** try to relax when you go to the toilet, don't rush and try not to strain too much
- **Routine:** try to eat small and frequent meals throughout the day and get into a routine of going to the toilet
- **Nausea:** if you feel sick when you take your medication, try taking it with a biscuit
- **Medication:** if you struggle to manage constipation, medication called 'laxatives' can help you pass stool
- **Incontinence pads:** if you have bowel incontinence or leak stool, pads can help to keep your clothes clean



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



Created by Natasha Fothergill-Misbah

