



Is Chronic Constipation Controlling Your Life?

Now there's a procedure that could brighten your life

Is Chronic Constipation Controlling Your Life?

You aren't alone

Constipation is one of those topics few people like to discuss. But if you suffer from constipation you know it can be painful and frustrating, and even interfere greatly with your daily life. Almost everyone suffers from constipation at some time. Studies show that up to 16 percent of women meet symptom criteria for chronic constipation. Moreover, people tend to suffer with the condition for a long time. Research shows up to 45 percent of individuals with constipation report having the condition for five years or more. Now there is a good reason to talk about chronic constipation. There is a surgical alternative that may be able to help women/men who have been unable to find solutions in the past for a type of chronic constipation called **Obstructed Defecation Syndrome (ODS)**. Before you can understand whether you may have ODS, you need to understand more about chronic constipation.

What is constipation?

Constipation occurs when bowel movements become difficult or less frequent. Constipation is not a disease, but a symptom related to a family of diseases generally classified as defecation disorders.

The following self-assessment will help you determine whether or not you may suffer from chronic constipation. Check all of the boxes that apply:

- * Fewer than three bowel movements per week
- * The need to strain at least 25 percent of the time during bowel movements
- * A feeling of not being able to complete your bowel movement at least 25 percent of the time
- * Hard or lumpy stools at least 25 percent of the time

If you checked at least two of the above and have experienced those symptoms for at least three months, you may have chronic constipation.

How is chronic constipation treated?

Most of the time, chronic constipation can be relieved using a combination of diet, exercise, and medication.

If these approaches do not relieve your chronic constipation then you may be suffering from a type of chronic constipation known as **Obstructed Defecation Syndrome (ODS)**.



What is ODS?

ODS is a form of chronic constipation that affects thousands of people in India primarily women. In many cases, it is part of a more generalized weakness of pelvic support structures. Women with ODS commonly must plan their daily activities around their bowel habits.

What are the symptoms of ODS?

If you have chronic constipation and also have one or more of the following symptoms at least 25 percent of the time during bowel movements, you may have ODS:

- Multiple trips to the bathroom
- Prolonged straining
- Incomplete elimination, and/or prolonged time to have a bowel movement
- Routine use of laxatives or enemas
- The need to press around your genitals or anus to have a bowel movement

How do I know if I suffer from chronic constipation?

Often people don't realize they are constipated. In one study, 37 percent of women who met symptom criteria for constipation did not regard themselves as constipated.

How is ODS Diagnosed?

Proper diagnosis is the key to successful treatment of defecation disorders, such as ODS. Diagnosis can be complex and requires evaluations by your primary care physician, gastroenterologist, and colorectal surgeon to be sure the actual cause – or causes – of the disorder is identified. In addition to a physical exam, some of the diagnostic tests that may be performed are:

- **Colonoscopy** — allows a doctor to look at the interior lining of the large intestine (rectum and colon) through a thin, flexible viewing instrument called a colonoscope. The test looks for abnormalities, including narrowing or obstructions and inflammatory diseases such as Crohn's disease and ulcerative colitis.
- **Anal manometry** — tests how well the muscles surrounding the anus are working.
- **Dynamic defecography** — during this test, the patient sits on a special toilet and strains while being viewed under x-ray. Images are taken while a paste mixture passes through the bowel. This allows your doctor to assess bowel function.

But most important is Clinical judge. **Patient complaints he or she requires finger evacuation**

Is ODS treatable?

ODS is treatable. If you do not respond to conservative treatment (diet, exercise and medication), you may consider a surgical procedure. We treat ODS with a new procedure called Stapled Transanal Rectal Resection (STARR).

What is STARR ?

STARR is a surgical procedure that is performed through the anus, requires no external incisions, and leaves no visible scars. Using a surgical stapler, the procedure removes excess tissue in the rectum and reduces the deformities that can cause ODS. Patients undergoing STARR are typically hospitalized one day only and experience minimal recovery time after leaving the hospital.²

Is STARR Effective?

Yes. In a recent clinical study, chronic constipation symptoms significantly improved in most patients undergoing the STARR procedure. Overall patient satisfaction with the STARR procedure was high, with 90 percent of patients rating the results as either good or excellent.

Risks and Complications

As with any surgical procedure, there are risks and complications that accompany STARR. Complications that may occur following the procedure include bleeding, leaks or infection, urinary retention, incontinence, fistula formation or dyspareunia (painful intercourse). You should consult your physician to determine if the procedure is appropriate for you.

Who performs STARR ?

We at Piles Hospital do this procedure . For more information call us ,we are available at your services.

Discussing Chronic Constipation with us

If you think you may suffer from chronic constipation, it's important to discuss your symptoms with us . Here are some questions you may want to ask during your next visit:

- What causes chronic constipation?
- How is chronic constipation diagnosed?
- What is your approach to managing and treating chronic constipation?
- When should medical intervention be considered for chronic constipation?
- What are the appropriate treatment options for me?

What Questions Should I Be Asking ?

If you want to learn as much as possible about STARR.

The more informed you are, the more comfortable you'll be with the decision you, your family, and we make together.

Here are some questions you may want to ask :

- Is STARR an appropriate option for me?
 - What are the benefits of STARR?
 - What are the risks?
 - How many times have you performed the STARR procedure?
 - Will you be performing the procedure yourself?
 - How long will it take for me to recover?
 - When will I be able to leave the hospital?
 - When can I resume my normal activities, including school, work, exercise, sexual activity, and recreation?
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