

PATHOPHYSIOLOGY

- Low fiber and sedentary lifestyle
- Metabolic and endocrine disturbances
- Mechanical obstruction
- Drug use
- Psychiatric disease & psychosocial distress
- Neurologic impairment
- Inhibition of rectal defecation reflex

WORK-UP

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|---------------------|---------------------------|
| ■ History | ■ Lab |
| – symptoms | – X-rays |
| – diet and exercise | – R/O metabolic disorders |
| ■ Physical exam | – R/O anemia in elderly |
| – skin | |
| – abdomen | |
| – rectal | |
| – neurologic | |

MANAGEMENT

- Reassure
- Education
- Improve diet and exercise
- Bulking agents or laxatives
- Enemas for impaction
- Time for defecation
- Prevention
