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

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

MANAGEMENT

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