

**Mayo Clinic Medical Edge**

**What is Constipation**

1:00

**Log**

**Audio**

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<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	CONSTIPATION. IT'S NOT EXACTLY A TOPIC FOR DINNER CONVERSATION. STILL, UP TO ONE IN TEN AMERICANS SUFFERING SYMPTOMS AT ONE TIME OR ANOTHER,
<b>Nicholas Talley, M.D.</b> <b>Track 1 (1:55)</b>	"SOME PEOPLE DEFINE CONSTIPATION AS HAVING A BOWEL MOVEMENT LESS THAN THREE TIMES A WEEK."
	BUT ACCORDING TO MAYO CLINIC DR. NICHOLAS TALLEY, THE MAJORITY OF PEOPLE WHO HAVE CLINICALLY SIGNIFICANT SYMPTOMS ACTUALLY HAVE

	NORMAL BOWEL FREQUENCY.
<b>Dr. Talley</b> <b>Track 1 (2:15)</b>	“WHAT THEY’RE REALLY COMPLAINING ABOUT IS STRAINING OR PASSING VERY HARD STOOLS OR JUST DIFFICULTY MOVING THE STOOLS OUT WHEN THEY’D LIKE TO.”
	GENERALLY, CONSTIPATION IS NOT A SIGN OF SOMETHING MORE SERIOUS. BUT IF YOU’RE OVER 50 AND HAVE A NEW ONSET OF CONSTIPATION, OR IF YOU HAVE OTHER SYMPTOMS SUCH AS RECTAL BLEEDING, WEIGHT LOSS, VOMITING OR ABDOMINAL PAIN IT WOULD BE A GOOD IDEA TO GET CHECKED OUT.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.

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