

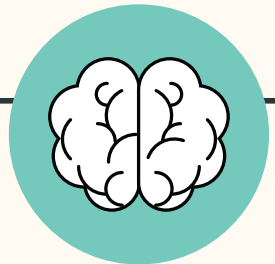
BOWEL PROBLEMS AND PARKINSON'S DISEASE



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



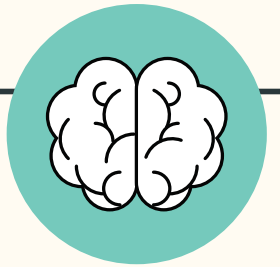
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MATATIZO YA UTUMBO NA UGONJWA WA PARKINSON



Wagonjwa wengi wa Parkinson's hupata shida za utumbo. Upungufu wa mwendo wa utumbo au kuvimbiwa huwa kawaida. Hii inasababishwa na upungufu wa mwendo wa utumbo na ugumu wa misuli ambayo haionekani kama misuli ya utumbo. Mgonjwa anaweza kuwa na hisia za kuvimbiwa na kuhisi kutapika au kutokuwa na cho. Kuvimbiwa inaweza kuwa hatari. Kuna njia nyingi za kusaidia kumengenywa chakula na utumbo.



PARKINSON'S UNA ADHIRI UTUMBO VIPI?

- uduni wa utumbo unaweza zidi kama unaugumu wa kutafuna na kumeza na inaweza fanya kula vyakula vyenya nyuzi ambavyo huwa ngumu kutafuna – vyakula hivi husaidia mwendo wa utumbo kuwa kawaida
- dalili za Parkinson's zinaweza ongeza ugumu wa kufanya mazoezi ingawa kutofanya mazoezi yaweza punduza mwendo wa utumbo
- wasiwasi kuhusu mwendo wa utumbo inaweza ongeza ugumu wa kuenda chooni kuifanya kuwa ngumu kupitisha cho
- baadhi ya madawa yaweza sababisha kuhara na unaweza shindwa kudhibiti mwendo wa utumbo



MBINU ZA KUSAIDIA SHIDA ZA UTUMBO

- **Mazoezi:** husaidia kulisimua utumbo ili kuzuia kuvimbiwa
- **Kuongeza vyakula vyenye nyuzi:** kula vyakula kama mboga, maharagwe, matunda na kahawa
- **Maji:** kuongeza kiasi cha maji unayoyakunywa kwa siku ili kupunguza kuvimbiwa.
- **Kupumzika:** jaribu kupumzika unapoenda chooni na usiharakishe au usijikaze unapopitisha cho
- **Ratiba:** kula chakula kidogo mara kwa mara kwa siku na kuwa na ratiba ya kuenda chooni
- **Kichefuchefu:** ukihisi vibaya baada ya kumeza dawa, kula biskuti wakati unakumeza dawa
- **Dawa:** kama unashindwa kudhibiti kuvimbiwa kuna dawa kama "laxatives" ambazo zitasaidia kupitisha cho
- **Pedi za kushikilia:** pedi hizi zitasaidia wagonjwa ambao hawawezi shikilia cho ili kuzuia kuchafua nguo



Jiunge na kikundi cha msaada kilicho karibu ili ujifunze zaidi na uonane na watu wengine waliyo na ugonjwa wa parkinson

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Kwa habari zaidi angalia:

www.parkinsonkenya.wixsite.com/website

AMA

www.parkinsonsafrica.com



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