

CONSTIPATION AND PARKINSON'S DISEASE



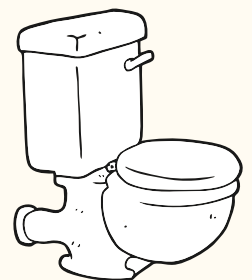
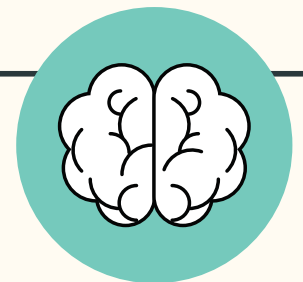
Parkinson's disease (PD) affects many body systems, including the "autonomic" nervous system – that is the part of the body that controls heart rate, sweating and gastrointestinal and urinary function. If this does not work properly, you can have problems like constipation and stomach cramps. Constipation can also prevent your PD medication working because the medicine gets trapped in the stomach. There are things you can do to help with these symptoms.

WHAT IS CONSTIPATION?

Constipation means difficulty passing stool (bowel movement) and/or a decrease in the number of stools. You may also have some of these symptoms:

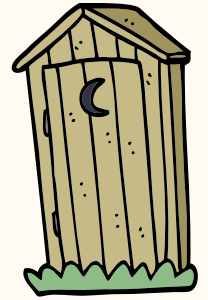
- Not passing stool for days
- Bloating stomach and cramps
- Finding it hard to pass stool when you feel that you need to
- When you do pass stool, it doesn't feel like it has all come out
- Your stool might be hard

Constipation can last a few days, weeks or months. If you are having less than 3 bowel movements per week speak to your doctor.



WHAT CAUSES CONSTIPATION IN PD

- Your stomach and intestinal muscles might not work as fast to push food down
- The medication you take might cause constipation
- If you are less active your digestive system doesn't work as well
- If you don't drink enough water then the digestive system does not have enough lubrication



PREVENTING CONSTIPATION

- Drink a lot of water
- Reduce intake of caffeine and alcohol
- Drink warm liquids in the morning
- Eat more fibre, like beans, fruits and vegetables
- Reduce how much bread, cake and biscuits you eat
- Try to start a toilet routine
- Try squatting when you go to the toilet
- Exercise more – go walking or cycling



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



Created by Natasha Fothergill-Misbah



KUVIMBIWA NA UGONJWA WA PARKINSON



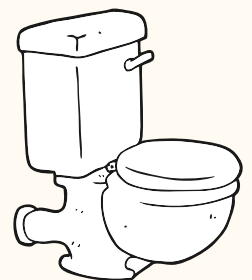
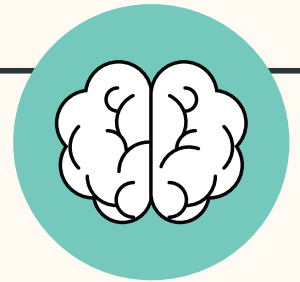
Ugonjwa wa Parkinson unaathiri mifumo mingi ya mwili, pamoja na "autonomic nervous system" - ni sehemu ya mwili ambayo inadhibiti kiwango cha moyo, toka jasho na kazi ya utumbo na mkojo. Ikiwa hii haifanyi kazi vizuri, unaweza kuwa na shida kama kuvimbiwa na maumivu ya tumbo. Kuvimbiwa kunaweza kumaliza dawa yako kufanya kazi kwa sababu dawa hiyo hukwama tumboni. Kuna mambo unaweza kufanya ili kusaidia na dalili hizi.

KUVIMBIWA NI NINI?

Kuvimbiwa kunamaanisha ugumu kupita kinyesi (harakati za matumbo) na/au kupungua kwa idadi ya kinyesi. Unaweza pia kuwa na dalili hizi:

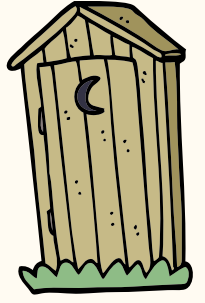
- Sio kupitisha kinyesi kwa siku chache
- Tumbo kuvimba and cramps
- Kupata shida kupitisha kinyesi wakati unahisi kama unahitaji
- Unapopita kinyesi, hahisi kama yote yametoka
- Kinyesi chako ni ngumu

Kuvimbiwa kunaweza kudumu kwa siku kadhaa, wiki au miezi. Ikiwa una chini ya harakati tatu za matumbo kwa wiki, zungumza na daktari wako.



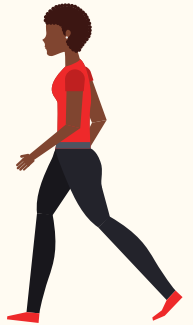
NINI HUSABABISHA KUVIMBIWA

- Misuli ya tumbo na misuli ya matumbo haiwezi kufanya kazi vizuri na haiwezi kushinikiza chakula chini
- Dawa unayotumia inaweza kusababisha kuvimbiwa
- Ikiwa haujafanya kazi sana, mfumo wako wa kumengenyha haufanyi kazi pia
- Ikiwa hautakunywa maji ya kutosha, kisha mfumo wa utumbo hauna lubrication ya kutosha



PREVENTING CONSTIPATION

- Kunywa maji mengi
- Punguza ulaji wako wa kahawa, chai na pombe
- Kunywa vinywahi vya joto asubuhi
- Kula nyuzi zaidi, kama maharagwe, matunda na mboga
- Punguza ulaji wako wa mkate, keki na biskuti
- Jaribu kwenda kwenye choo wakati huo huo kila siku
- Weka miguu yako juu ya kinyesi ikiwa umekaa kwenye choo
- Fanya mazoezi zaidi kama kutembea au baiskeli



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

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