

## Constipation

- Bowel movements are difficult or less frequent, based on personal schedule
- Affects 2% of the U.S. population
- Women, older adults are more commonly affected

## Potential Causes of Constipation

- Not drinking enough water
- Not enough fiber in the diet (average adult requires 20-35 grams of fiber daily)
- Traveling or other disruptions of routine
- Medications
- Sedentary lifestyle, lack of mobility
- Stress
- Overuse of laxatives
- Medical conditions
- Calcium or aluminum – containing antacids

# GASTROINTESTINAL DISTRESS

## Heartburn

A burning sensation in the middle of the chest, resulting from excess stomach acid that is allowed back into the esophagus

## Trouble Foods for Heartburn

- Meats
- Fruits, Vegetables & Juice
- Dairy
- Alcohol
- Coffee

TIP: Smoking can worsen heartburn as well!



## WHAT TO DO ABOUT THESE PROBLEMS?

### *Suggestions for constipation*

- Slowly increase dietary fiber intake (work your way up to daily adult recommendation of 20-35 grams/day)
- Drink more water
- Get up and move!
- Medications\*\*

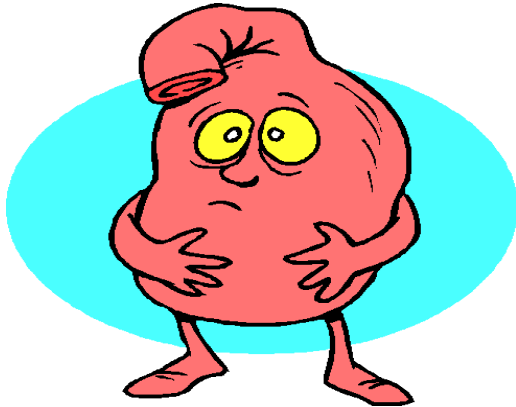


### *Suggestions for heartburn*

- **Antacids** (Tums®, Roloids®, Gaviscon®)
- **H2 Antagonists** (Zantac®, Tagamet®, Pepcid®)
- **Proton Pump Inhibitors** (Prilosec®, Prevacid®, Zegerid®)

**\*\*ASK YOUR PHARMACIST WHICH  
REMEDY IS RIGHT FOR YOU!\***

**GASTROINTESTINAL  
COMPLAINTS ARE  
AMONG THE MOST  
COMMON  
AILMENTS**



**WHAT CAN YOU  
DO TO FEEL  
BETTER FASTER?**

**BROUGHT TO YOU  
BY THE  
MARYLAND  
PHARMACISTS  
ASSOCIATION**



**Andrew N. Michaelson, PHARM D**

**References:**

<http://www.webmd.com/digestive-disorders/digestive-diseases-constipation>

<http://www.webmd.com/heartburn-gerd/guide/heartburn-foods-to-avoid>