

SLOW TRANSIT CONSTIPATION

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Constipation is the most common gastrointestinal problem which affects both men and women and can lead to serious psychosocial and physical problems. It can be divided into several categories such as obstructed defecation, normal transit constipation and slow transit constipation. Constipation is the reason for more than 92,000 hospital admissions and 2.5 million doctor visits in the US per year.



Increased opposition to the emission of contents present in the colon and inadequate propulsion are some of the causes of slow transit time. This term (Slow Transit Constipation) also known as STC was used for young women having very slow total gut emission. STC patients having difficulty in passing out stool but have no identifiable cause to explain the symptoms. This kind of constipation is referred to as functional and is found in 15 to 30 percent of people with constipation. Slow transit constipation typically happens without reason and is chronic which can occur at any stage in life usually more prevalent in young women than men. Usually, this problem occurs after childbirth or hysterectomy.

The long-term outcomes of constipation have not been fully evaluated but we do know certain health issues develop early as a result. In a recent study the proportion of patients with diabetes was significantly higher among those with slow transit time. Also, the proportion of patients who developed Parkinson's disease was significantly higher among those with slow transit time than those without.

Colonic transit time is considered prolonged when the total bowel transit time was longer than 48 hours or was longer than 16 hours in the right or left colon regardless of whether the total bowel time was fewer than 48 hours.

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Mark Buse is Nationally Board-Certified Colon Hydro-Therapist (NBCHT) and a leading colon hydrotherapy practitioner, instructor, and researcher of colon health. Mark studies the impacts of the gut microbiome on gut motility, digestion, constipation, and general wellness. Mark has a Bachelor of Science in Chemistry, is a Fellow with the American Institute of Chemists, has obtained several patients involving replacement of toxic materials, and is a science writer in areas of gut microbiota and probiotics. Mark is the International Association for Colon Hydrotherapy President-elect, Co-Chair and Founder of IACT's Leadership and Mentorship Program and the Chair and Founder of IACT's Research Committee and is a member of the American Gastroenterology Association (AGA). Marks is the colon hydro-therapist and owner of Turtle Creek Wellness Center in Tyler, Texas.

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