

Health Byte

September 2018



Constipation

Constipation is a frequent concern for many people. Anyone who 1) has constipation; 2) has a history of constipation or bowel obstruction; or 3) takes medication to relieve constipation, should be tracking his/her bowel movements. To learn more about constipation please access PCHC's online training at: <https://www.pchc.org/images/Education/Online-Trainings/Provider-Staff/Constipation/html5.html>

A tool for tracking bowel movements may be accessed at: <https://www.pchc.org/images/PDFs/Forms/HIRS-Appendix-Forms/Bowel-Movement-Record-Form.pdf>

Philadelphia Coordinated Health Care's "Health Bytes" are short tips about health and wellness. They will be sent on the first day of each month by e-mail.

We hope that you can use this information to encourage or maintain a healthy lifestyle for yourself or someone you support.

Please go to www.pchc.org to see past "Health Bytes".