



spotlight on health

Bowel Control: Something To Talk About

(NAPSA)—For the millions of people with bowel control problems, their condition is most likely the last thing they want to talk about. A bowel control problem, also called fecal incontinence, can be mild—an occasional, small leakage of stool—or severe—frequent, uncontrollable urges to have a bowel movement. The condition affects 6 to 15 percent of adult women and 6 to 10 percent of adult men.



Doctors are trained to discuss what may feel like an embarrassing health problem.

Having a bowel control problem can be upsetting and embarrassing. Many people try to hide the problem, often withdrawing from friends and family.

What to Do

The first step is to talk with your doctor. Fecal incontinence can have many causes and your doctor won't be shocked or uncomfortable about discussing your problem. Treatments to reduce or possibly eliminate bowel control problems are available.

For More Information

Visit the National Digestive Diseases Information Clearinghouse website at www.digestive.niddk.nih.gov for more information and free publications about bowel control problems.