



# ASK YOUR DOCTOR

## Effective Therapy For A Common Problem

(NAPSA)—Here's a prescription for a healthier life—eat five or more servings of fruits and vegetables every day and exercise on a regular basis.

While a healthy diet and regular exercise can help prevent a variety of common conditions, including some forms of constipation, once you have a problem with constipation it may be a good idea to consult a doctor.

Many people may avoid talking to a doctor about constipation because they are embarrassed by the condition and its symptoms. They may attempt to treat the condition themselves and misuse over-the-counter medications, ending up with an even more serious problem.

It's a good idea to have a doctor explain what the treatment options are and to rule out any complicating factors.

Although most cases of constipation are caused by a lack of fiber and exercise, constipation can also be caused by some serious conditions, such as an underactive thyroid gland, high blood calcium and Parkinson's disease.

Constipation can be sudden, caused by a change in activity or diet, or it can be chronic, beginning slowly and lasting for years.

Whatever the reason for constipation, it should be treated. Fortunately, doctors now have medicines that can effectively relieve the most troubling symptoms. People who have exhausted available over-the-counter options may



**If you have eaten the right foods and tried over-the-counter remedies with no success, a prescription remedy may be the answer.**

be interested to learn about a prescription option.

The medicine, called MiraLax™ Polyethylene Glycol 3350, NF Powder For Solution, has no taste, no gritty texture, no sugar, no sweetener and no residue. It dissolves completely in water, juice, soda, coffee or tea.

The most common adverse events are nausea, abdominal bloating, cramping and flatulence.

Almost a decade of research, development and clinical trials have proven the safety and efficacy of prescription MiraLax therapy. Before taking MiraLax, a person should be evaluated by his or her doctor.

For more information, ask your doctor or visit [www.MiraLax.com](http://www.MiraLax.com).