



Study Reveals Constipation's Deeper Health Implications

Description

Many people around the world face problems with constipation. This means their bowel movements, or going to the toilet, are often hard or painful. Up to 15 percent of people may experience this issue.

Constipation can have different causes. One type is called slow-transit constipation. This happens when food moves slowly through the digestive system. Researchers think this can happen because of issues with the nerves that control movement in the gut.

A study in a science journal talks about the connection between the gut and the brain. This link can affect mood and even thinking. Changes in gut bacteria may also lead to constipation. Bacteria can create substances that impact the gut's barriers, which keep bad things out of the body.

The researchers suggest new ideas for treatment. These may include using probiotics, which are healthy bacteria, and prebiotics, which feed those bacteria. More studies are needed to find the best ways to help people with constipation.

Comprehension Questions

Multiple Choice

1. What percentage of people may experience constipation?

- Option: 5 percent
- Option: 10 percent
- Option: 15 percent
- Option: 20 percent

2. What type of constipation is characterized by slow movement of food through the digestive system?

- Option: Acute constipation
- Option: Obstructive constipation
- Option: Slow-transit constipation
- Option: Functional constipation

3. What do researchers think can impact the movement in the gut?

- Option: Dietary fiber



- Option: Water intake
- Option: Nerve issues
- Option: Exercise

4. What is the relationship mentioned between the gut and which organ?

- Option: Heart
- Option: Liver
- Option: Lungs
- Option: Brain

5. What do probiotics refer to?

- Option: Harmful bacteria
- Option: Healthy bacteria
- Option: Synthetic drugs
- Option: Unprocessed foods

6. What do prebiotics do?

- Option: Feed harmful bacteria
- Option: Kill bad bacteria
- Option: Feed healthy bacteria
- Option: Make food toxic

True-False

- 7. Constipation is always a result of dehydration.
- 8. Slow-transit constipation involves rapid movement of food through the digestive system.
- 9. Changes in gut bacteria may contribute to constipation.
- 10. Probiotics are harmful to gut health.
- 11. Only a small percentage of people experience constipation.
- 12. More studies are required to understand the best treatments for constipation.

Gap-Fill

- 13. Many people around the world face problems with constipation, which means their bowel movements



are often hard or painful. Up to _____ percent of people may experience this issue.

14. One type of constipation is called slow-transit constipation, which happens when food moves slowly through the _____ system.

15. The connection between the gut and the brain can affect mood and even _____ .

16. Changes in gut bacteria may lead to constipation, as bacteria can create substances that impact the gut's _____ .

17. Researchers suggest new ideas for treatment, which may include using _____

, which are healthy bacteria.

18. Researchers also suggest using prebiotics, which _____ those healthy bacteria.

Answer

Multiple Choice: 1. 15 percent 2. Slow-transit constipation 3. Nerve issues 4. Brain 5. Healthy bacteria 6. Feed healthy bacteria

True-False: 7. False 8. False 9. True 10. False 11. False 12. True

Gap-Fill: 13. 15 14. digestive 15. thinking 16. barriers 17. probiotics 18. feed

CATEGORY

1. Health - LEVEL1

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