

CONSTIPATION

Meaning: Constipation is a condition characterized by infrequent or difficult bowel movements, often associated with hard stools.

1. Constipation can often be relieved by increasing fiber intake and staying hydrated.
2. Many people experience constipation at some point in their lives due to dietary changes.
3. Chronic constipation may require medical intervention to identify underlying causes.
4. Lifestyle modifications, such as regular exercise, can help prevent constipation.
5. Certain medications can lead to constipation as a common side effect.

Source: sentences.whatistheurl.com

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