AGING WELL

Digestion

Why is good digestion important?

Nelson is an Elder who has an on-going issue with hard stool and constipation. He decides to make an appointment with his provider to talk about his constipation and overall health. Nelson's provider referred him to a dietitian for nutrition education on ways to treat constipation and prevent this issue in the future. He learned about increasing fiber and fluids in his diet and worked on this for several weeks. On his follow up appointment, Nelson was happy to report he is feeling better and having more frequent, soft stool now.

What are some considerations for digestion?

- Hard stool
- Long time in between bowel movements
- Acid reflux or heart burn
- Feeling bloated
- Upset stomach

Your digestive system works hard every day to digest the food you eat. After years of this, you may start to see some changes in your digestive health.

Questions to ask yourself:

- Are you having hard stool?
- Is there a long time in between bowel movements?
- Are you struggling with acid reflux or heart burn?
- Are you taking multiple medications which may affect your digestive tract?

For more information visit:

www.southcentralfoundation.com/aging-well

Or scan the QR code

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What can you do?

- Maintain a healthy diet.
- Drink enough water.
- Be physically active.
- Consider taking a probiotic.
- Avoid foods that trigger heart burn or acid reflux such as citrus, tomato products, caffeine, carbonated drinks.
- Check your medications for common side effects such as nausea and constipation.

Where can you find support?

Contact your primary care team directly or contact
Anchorage Native Primary Care Center 907-729-3300

Your Primary Care Team

Your primary care team can talk with you about changes or concerns with your digestion.

Registered Dietitians

Registered dietitians are available to discuss concerns with digestion and provide education and treatment options.

Mt. Marathon Gym (R) 907-729-6683

Mt. Marathon gym can provide resources to support your health and wellness.

Exercise Physiologists (R) 907-729-2689

Exercise physiologists can provide support for being physically active and help create individual exercise programs to help achieve your wellness goals.

Key

- (R) Referral needed
- Travel by car required
- Travel by plane required
- Available over the phone or virtual visit