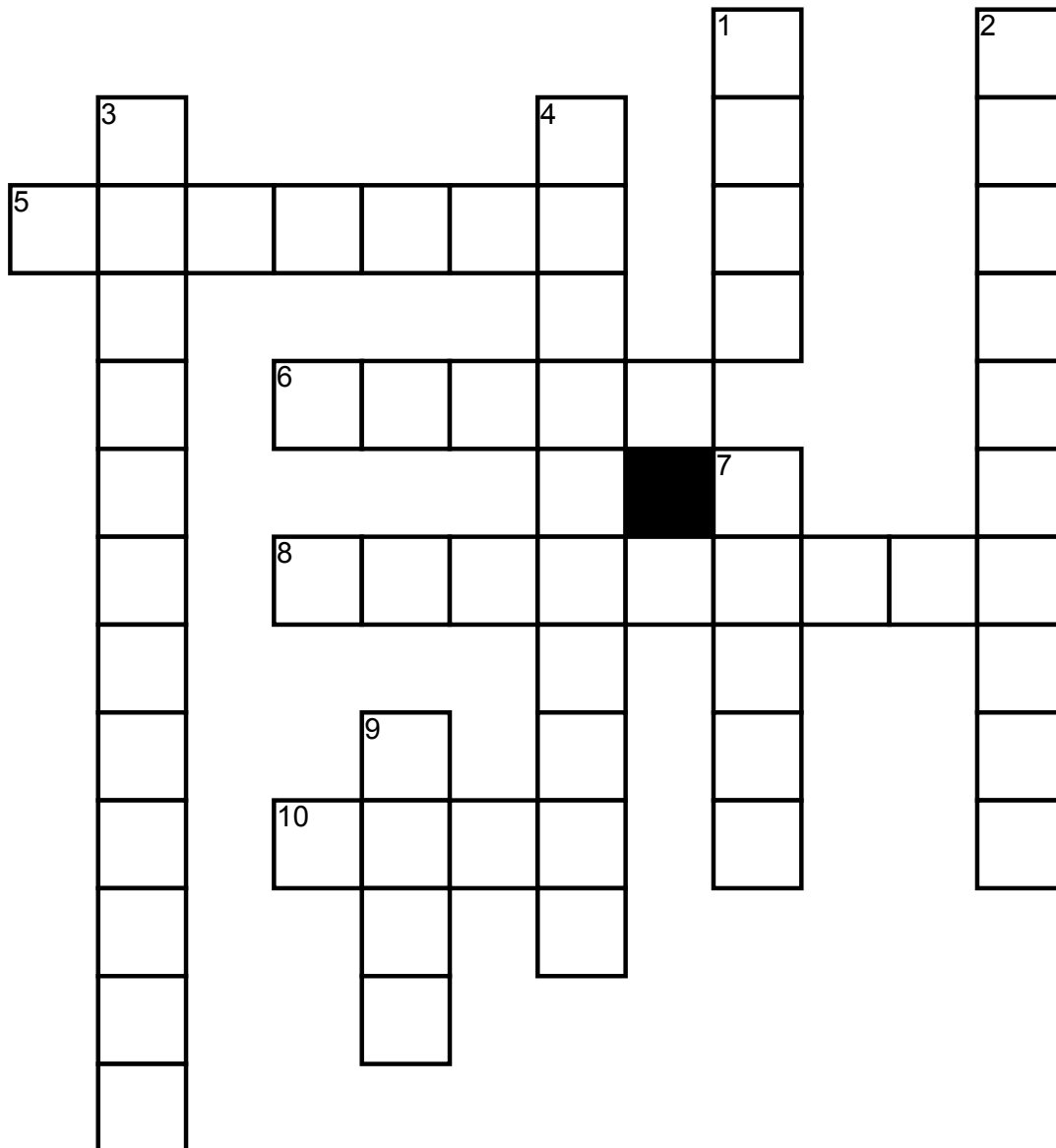


# Understanding Constipation



## **Across**

**5.** Changes in daily \_\_\_\_\_, like traveling, can lead to constipation.

**6.** We should eat 25 - 30 grams of \_\_\_\_\_ each day.

**8.** Most people to are mildly constipated do not need to use \_\_\_\_ for treatment.

**10.** Ignoring the \_\_\_\_\_ to go to the restroom can lead to constipation.

## **Down**

**1.** A sign of constipation are stools that are \_\_\_\_\_, lumpy, or dry.

**2.** Increasing physical activity and \_\_\_\_\_ regularly can improve and treat constipation

**3.** \_\_\_\_\_ is a common complaint that can occur in up to 80% of adults

**4.** Brussel sprouts, carrots, and cabbage are examples of \_\_\_\_\_ that are high in fiber.

**7.** We should drink at least six to \_\_\_\_\_ 8-ounce glasses of water each day.

**9.** Eating whole grains and \_\_\_\_\_ cereals can improve constipation