

Do YOU/CAN YOU
Do THIS?

SHORT WELLNESS SELF-CHECKS








Bottom-line: POOP MATTERS

Normal poop tends to be brown, soft too firm in texture, and easy to pass. If someone experiences changes in poop, they should monitor the changes and consult a doctor if the issue does not resolve within 2 weeks.

To encourage a normal bowel function, a person should eat a fiber-rich diet, take regular exercise, try to reduce stress, and drink lots of water to stay hydrated. Poop abnormalities that persist can lead to complications. For example, ongoing diarrhea can result in nutritional deficiencies while constipation can cause bowel obstructions.

MEDICALNEWS TODAY

Bristol Stool Chart

Type 1		Separate hard lumps (Very constipated)
Type 2		Lumpy and sausage like (Slightly constipated)
Type 3		A sausage shape with cracks in the surface (Normal)
Type 4		Like a smooth, soft sausage or snake (Normal)
Type 5		Soft blobs with clear-cut edges (Lacking fibre)
Type 6		Mushy consistency with ragged edges (Inflammation)
Type 7		Liquid consistency with no solid pieces (Inflammation and diarrhea)

Do you Have Good Poops (Excrements)?

This is a weird question, but one that we should honestly ask ourselves. Sometimes, poop can vary in its color, texture, amount, and odor. (Excerpts From Medical News Today) These differences can be worrying, but usually, these changes are not significant and will resolve in a day or two. Everyone poop differs, but a change in your poop may indicate a problem if it stays that way. A person should pass a normal, healthy poop easily and with minimal strain. Excessive straining or pain is abnormal. Anyone who has blood in their stool should seek urgent medical attention. Normal poop usually looks medium to dark brown, has a strong smell, is pain-free is pass, and is soft to firm in texture. Most pass poop once or twice a day, some up to three but should be at least 3 x a week. At most, it should take no more than 10 to 15 minutes to pass stool. People that take longer than this may have constipation, hemorrhoids, or another condition.

While brown poop is considered the “normal” color of poop, some greenish-brown hues may also be acceptable. Stools that are black, especially if they have the appearance of coffee grounds, suggest gastrointestinal bleeding (some foods may turn it black). If stools are white, gray, or pale, a person may have an issue with the liver or gallbladder as pale stools suggest a lack of bile. Some anti-diarrhea medications cause white stools. Poop that is red-colored may be the result of gastrointestinal bleeding or hemorrhoids, Consuming many orange-colored foods causes orange stool. If stool appears yellow or is greasy-looking, it suggests the poop contains too much fat. This may be the result of absorption issues, or difficulty producing enzymes or bile. Anyone who experiences changes in poop color that last for 2 or more weeks or has red or black stool should see their doctor. **To ensure healthy bowel function and healthy poops, follow the tips:** Aim to get the recommended minimum daily amount of fiber, which is 25 grams (g) for women and 38 g for men. Just do not dive in and eat a lot fiber initially. Build into it. Drink plenty of water - 8 glasses (64 ounces) per day -especially if having more fiber. Some suggest eating or taking probiotics or having prebiotic/probiotic diet. Staying physically active can encourage normal bowel function and can alleviate constipation. It also relieves stress, a common cause of abnormal poops.

Self-checks: Solving problems before they happen.