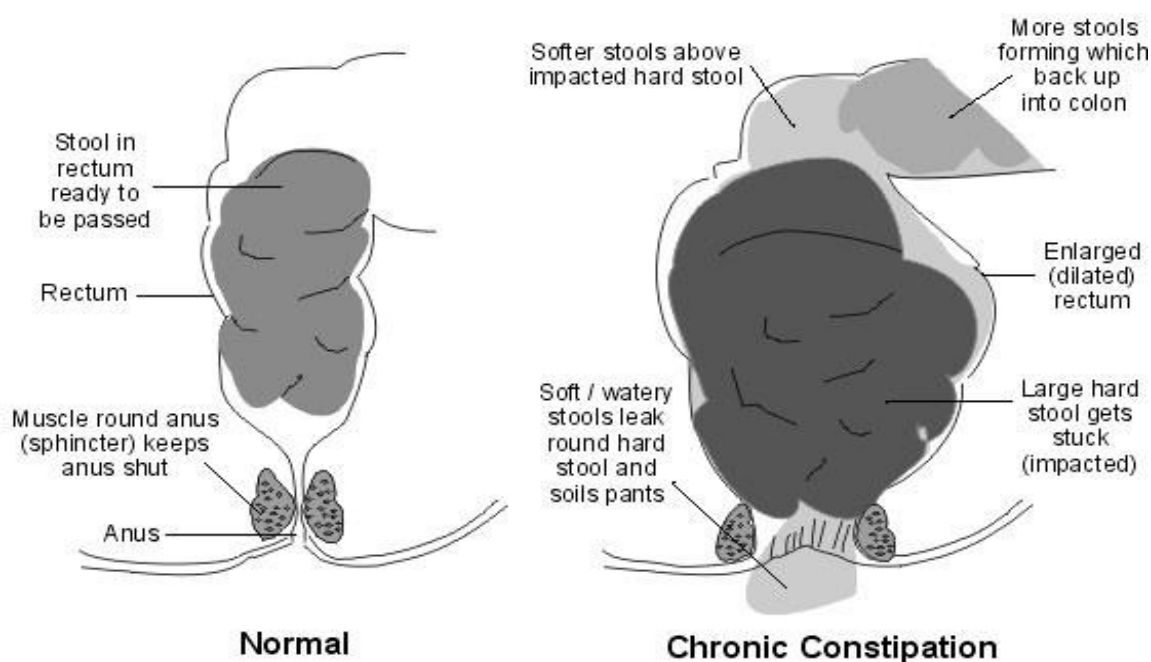


# Fecal Incontinence

Fecal Incontinence is the inability to control bowel movements, resulting in the involuntary passage of stool.

- **Minor fecal incontinence** is the involuntary loss of gas or liquid stool.
- **Major fecal incontinence** is the involuntary loss of solid stool.
- **Urge Bowel Incontinence** is the sudden need to defecate.
- **Passive fecal incontinence** is no sensation before the leakage of stool.



## Causes of Fecal Incontinence

- **Damage to Sphincter Muscles** at the end of the rectum, usually occurring during childbirth.
- **Neurologic disorders** such as diabetes, multiple sclerosis, and spinal cord injury can decrease sensation and control. Nerve damage during vaginal childbirth can decrease anal sphincter function.
- **Decreased distensibility of the rectum** Conditions such as inflammatory bowel disease (Crohn's Disease and Ulcerative Colitis) and radiation-induced inflammation of the rectum can impair the rectum's ability to expand and store.
- **Constipation** can cause the anal sphincters to relax and allow liquid stool to escape around the blockage.
- **Diarrhea** of various causes, including irritable bowel syndrome, active inflammatory bowel disease, or acute gastroenteritis, can lead to loss of liquid stool.

## How Pelvic Floor Therapy Resolves Fecal Incontinence

- **Pelvic Floor Therapy** - Manometry improves rectal sensation, coordinates external anal sphincter contraction, and may increase anal sphincter tone.
- **Electrical Stimulation** - An artificial means of stimulating muscle activity by exposing the muscle to a low-grade electrical current which causes the muscle to contract to build muscle strength and endurance.

### Dietary Changes:

- Eat more fiber. Constipation is due mostly to inadequate fiber and liquid. Fiber is in beans, fresh fruits, vegetables, and whole grains. A daily vegetable smoothie is effective.
- Eat fewer low-fiber foods. These include ice cream, cheese, meat, processed foods and sugary foods such as soda and candy.
- Drinking 8 to 10 glasses of water daily increases bulk in the intestine, which stretches the intestine and causes it to contract and propel food along properly.
- Do not rely on laxatives, which over time can make symptoms worse and the body become less responsive to them.
- Reduce stress. Stress can cause the large intestine to spasm, leading to pain and hard stools.
- Do not ignore the urge to go. Resisting the urge to go or waiting to go to the bathroom also can cause constipation.

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