# Study: The Solution to Common Bowel Issues May Be a Simple Boost

Those who used toilet stools reported faster and easier bowel movements

The Ohio State University Wexner Medical Center

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### **NEWS PACKAGE**

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# SUGGESTED TEASE

NOT EVERYONE IS EAGER TO TALK ABOUT IT, BUT BATHROOM TROUBLES LIKE BLOATING AND CONSTIPATION ARE EXTREMELY COMMON.

NOW A NEW STUDY SAYS THE ANSWER MAY BE AS SIMPLE AS GIVING YOURSELF A LITTLE BOOST IN THE BATHROOM.

DETAILS, COMING UP.

### **ANCHOR LEAD**

ONE IN EVERY SIX AMERICANS EXPERIENCE CONSTIPATION¹ BUT FAR FEWER WANT TO TALK ABOUT IT.

DOCTORS SAY IGNORING ISSUES IN THE BATHROOM CAN NOT ONLY MAKE YOU FEEL BAD BUT CAN LEAD TO MORE SERIOUS HEALTH ISSUES. LUCKILY, A NEW STUDY<sup>2</sup> FINDS THE SOLUTION

FOR MOST PEOPLE MAY BE AS SIMPLE AS GIVING

YOURSELF A SMALL BOOST.

BARB CONSIGLIO HAS THE DETAILS.

(PACKAGE START) -----

(Nats - Sound):02

CG: Courtesy: The Ohio State
University Wexner Medical Center
:00 - :03

Shot of man grabbing newspaper

Shot of bathroom door closing

Shot of sink and toilet

WHEN THAT CERTAIN NEED STRIKES. :02

(NATS - Close door of bathroom):01

THINGS DON'T ALWAYS GO AS SMOOTHLY AS THEY SHOULD. AND ONE OF THE MAIN REASONS IS THAT WE'RE DOING IT ALL WRONG. :06

CG: Dr. Peter Stanich
Ohio State Wexner Medical
Center

"The most natural position for a bowel movement is squatting." :03

BUT A SIMPLE SOLUTION CAN PUT YOUR BODY

Shot of pulling out stool from under toilet

(NATS - closeup of feet hitting stool :01)

INTO THE IDEAL POSITION...:04

Shots of feet on stool

A STOOL.:01

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### Dr. Stanich (CG'd earlier)

Graphic of bowel system straightening in squatting position

### Dr. Stanich (CG'd earlier)

Shots of Dr. Stanich working

Shots of Shepherd explaining benefits of stool to patient

#### Graphic:

-71%-Bowel movements were faster

-90%-Experienced less straining

## Dr. Stanich (CG'd earlier)

Shot of physical therapist working with patient

# CG: Rachel Shepherd, PT, DPT Ohio State Wexner Medical Center

Shot of putting feet on stool Shots of laxatives and medications

### Dr. Stanich (CG'd earlier)

Shots of stool being tucked under toilet

(PACKAGE END) ----

**ANCHOR TAG** 

"It elevates your knees and puts your hips into a different angle." :03

THAT SQUATTING POSITION STRAIGHTENS THE BEND IN THE RECTUM THAT'S CREATED BY SITTING. :05

"The straighter that is the easier bowel movements should be." :03

DOCTOR PETER STANICH AND HIS TEAM AT THE OHIO STATE UNIVERSITY WEXNER MEDICAL CENTER WANTED TO KNOW MORE ABOUT THE MEDICAL BENEFITS OF THESE SIMPLE DEVICES, SO THEY STUDIED THE EFFECTS OF TOILET STOOLS ON HEALTHY ADULTS.

SEVENTY-ONE PERCENT OF PARTICIPANTS REPORTED SPENDING LESS TIME GOING TO THE BATHROOM AND NINETY PERCENT EXPERIENCED LESS STRAINING. :19

"Importantly that after the study was over, two-thirds of participants said that they were going to continue to use the toilet stools.":07

SO WITH RAVE REVIEWS, WHY ISN'T EVERYONE USING THEM? :03

"Bowel movements are a hard thing to talk about and not a lot of people want to bring up their constipation. But if there's something as simple as changing the position we have a bowel movement in, by adding a stool, then that's an easy fix that anyone can add in.":11

AND A SMALL BOOST MAY BE THE KEY TO AVOIDING CONSTIPATION, BLOATING AND HEMORRHOIDS AND CAN ELIMINATE THE NEED FOR LAXATIVES OR MEDICATIONS. :07

"I think all of us are looking for ways to avoid more medications or to do things in a more natural way, and this is something that, you know, is easy.":07

AT THE OHIO STATE WEXNER MEDICAL CENTER, THIS IS BARB CONSIGLIO REPORTING.:03

BECAUSE CHANGES IN BOWEL HABITS CAN BE A SIGN OF MORE SERIOUS HEALTH PROBLEMS, YOU SHOULD DISCUSS ANY GASTROINTESTINAL ISSUES WITH YOUR DOCTOR.

HOWEVER, EXPERTS SAY, FOR MOST PEOPLE, A SIMPLE STOOL MAY BE THE ANSWER TO THEIR PROBLEMS.

#### **SOCIAL MEDIA**

Share it! Suggested tweet:

Bowel issues are extremely common, but researchers at <a href="MOSUWexMed">MOSUWexMed</a> say the answer to common problems like constipation may be as simple as giving your feet a boost. <a href="http://bit.ly/2LheRU1">http://bit.ly/2LheRU1</a>

Suggested post:

One in six Americans experience constipation, and researchers at <u>The Ohio State University Wexner Medical Center</u> say the solution to common bowel problems may be as simple as giving your feet a boost. The study shows how propping your feet on a stool can make your time in the bathroom faster and easier. <a href="http://bit.ly/2LheRU1">http://bit.ly/2LheRU1</a>

#### **EXTRA BITES**

Dr. Stanich says talk to your physician about bowel symptoms: "I want to encourage everyone to talk to their physician about any changes in bowel habits or constipation they may be having, but at the end of the day, the answer may be something simple like a toilet stool."

CG: Dr. Peter Stanich
Ohio State Wexner Medical Center

Dr. Stanich explains how a stool correctly positions the body: "It elevates your knees and puts your hips into a different angle, and what that helps do is kind of straighten out the rectum and what we call the anorectal angle, and so we know that the straighter that is the easier bowel movements can be."

Dr. Stanich says bowel issues are very common: "It's amazing in the clinic how many people are affected on a daily basis by feelings of bloating, by constipation, by feeling like they can't have an adequate bowel movement that really affects people every day of their life."

CG: Rachel Shepherd, PT, DPT Ohio State Wexner Medical Center

Shepherd explains straining and its ineffectiveness: "Straining would be if you're having excessive force pushing down when you're trying to have a bowel movement, and it's not an effective way to get stool out."

Shepherd describes the benefit of having your feet on a stool: "When your feet are up on a stool, what that does is it relaxes the muscles around the rectum, so when they're on just the floor there's a little bit more tension, and it actually causes a little bit of a curvature or a kink in the rectum, and it's harder to empty."

CG: Rachel Shepherd, PT, DPT Ohio State Wexner Medical Center

Shepherd says everyone can benefit from using a toilet stool: "I do think that anyone could benefit from using a stool in the bathroom. What is does is it just puts us in a better position to have a good bowel movement, and that's universal across the board."

#### References

<sup>1</sup>American Gastroenterological Association Medical Position Statement on Constipation, Gastroenterology, Volume 144, Issue 1, January 2013. Online: <a href="https://www.gastrojournal.org/article/S0016-5085(12)01545-4/fulltext">https://www.gastrojournal.org/article/S0016-5085(12)01545-4/fulltext</a>

<sup>2</sup>Implementation of a Defecation Posture Modification Device: Impact on Bowel Movement Patterns in Healthy Subjects, **Journal of Clinical Gastroenterology, Oct. 22, 2018**. Online: <a href="https://journals.lww.com/jcge/Abstract/publishahead/Implementation\_of\_a\_Defecation\_Posture.97">https://journals.lww.com/jcge/Abstract/publishahead/Implementation\_of\_a\_Defecation\_Posture.97</a>

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