

# 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

<b>SUGGESTED TEASE</b>	<p>NOT EVERYONE IS EAGER TO TALK ABOUT IT, BUT BATHROOM TROUBLES LIKE BLOATING AND CONSTIPATION ARE EXTREMELY COMMON.</p> <p>NOW A NEW STUDY SAYS THE ANSWER MAY BE AS SIMPLE AS GIVING YOURSELF A LITTLE BOOST IN THE BATHROOM.</p> <p>DETAILS, COMING UP.</p>
<b>ANCHOR LEAD</b>	<hr/> <p>ONE IN EVERY SIX AMERICANS EXPERIENCE CONSTIPATION<sup>1</sup> BUT FAR FEWER WANT TO TALK ABOUT IT.</p> <p>DOCTORS SAY IGNORING ISSUES IN THE BATHROOM CAN NOT ONLY MAKE YOU FEEL BAD BUT CAN LEAD TO MORE SERIOUS HEALTH ISSUES.</p> <p>LUCKILY, A NEW STUDY<sup>2</sup> FINDS THE SOLUTION FOR MOST PEOPLE MAY BE AS SIMPLE AS GIVING YOURSELF A SMALL BOOST.</p> <p>BARB CONSIGLIO HAS THE DETAILS.</p> <hr/>
<b>(PACKAGE START) -----</b>	
<b>CG: Courtesy: The Ohio State University Wexner Medical Center</b> <b>:00 - :03</b> Shot of man grabbing newspaper Shot of bathroom door closing Shot of sink and toilet	(Nats - Sound) :02  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
<b>CG: Dr. Peter Stanich</b> <b>Ohio State Wexner Medical Center</b>  Shot of pulling out stool from under toilet Shots of feet on stool	<i>"The most natural position for a bowel movement is squatting."</i> :03  BUT A SIMPLE SOLUTION CAN PUT YOUR BODY INTO THE IDEAL POSITION... :04  (NATS - closeup of feet hitting stool :01)  A STOOL. :01

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<p><b>Dr. Stanich (CG'd earlier)</b></p>	<p><i>"It elevates your knees and puts your hips into a different angle."</i> :03</p>
<p><b>Graphic of bowel system straightening in squatting position</b></p>	<p>THAT SQUATTING POSITION STRAIGHTENS THE BEND IN THE RECTUM THAT'S CREATED BY SITTING. :05</p>
<p><b>Dr. Stanich (CG'd earlier)</b></p>	<p><i>"The straighter that is the easier bowel movements should be."</i> :03</p>
<p>Shots of Dr. Stanich working</p>	<p>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.</p>
<p>Shots of Shepherd explaining benefits of stool to patient</p> <p><b>Graphic:</b>  -71%-Bowel movements were faster  -90%-Experienced less straining</p>	<p>SEVENTY-ONE PERCENT OF PARTICIPANTS REPORTED SPENDING LESS TIME GOING TO THE BATHROOM AND NINETY PERCENT EXPERIENCED LESS STRAINING. :19</p>
<p><b>Dr. Stanich (CG'd earlier)</b></p>	<p><i>"Importantly that after the study was over, two-thirds of participants said that they were going to continue to use the toilet stools."</i> :07</p>
<p>Shot of physical therapist working with patient</p>	<p>SO WITH RAVE REVIEWS, WHY ISN'T EVERYONE USING THEM? :03</p>
<p><b>CG: Rachel Shepherd, PT, DPT Ohio State Wexner Medical Center</b></p>	<p><i>"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."</i> :11</p>
<p>Shot of putting feet on stool Shots of laxatives and medications</p>	<p>AND A SMALL BOOST MAY BE THE KEY TO AVOIDING CONSTIPATION, BLOATING AND HEMORRHOIDS AND CAN ELIMINATE THE NEED FOR LAXATIVES OR MEDICATIONS. :07</p>
<p><b>Dr. Stanich (CG'd earlier)</b></p>	<p><i>"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."</i> :07</p>
<p>Shots of stool being tucked under toilet</p>	<p>AT THE OHIO STATE WEXNER MEDICAL CENTER, THIS IS BARB CONSIGLIO REPORTING.:03</p>
<p><b>(PACKAGE END) -----</b> <b>ANCHOR TAG</b></p>	<p>BECAUSE CHANGES IN BOWEL HABITS CAN BE A SIGN OF MORE SERIOUS HEALTH PROBLEMS, YOU SHOULD DISCUSS ANY GASTROINTESTINAL ISSUES</p>

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**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 it 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:  
[https://www.gastrojournal.org/article/S0016-5085\(12\)01545-4/fulltext](https://www.gastrojournal.org/article/S0016-5085(12)01545-4/fulltext)

<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:  
[https://journals.lww.com/jcge/Abstract/publishahead/Implementation\\_of\\_a\\_Defecation\\_Posture.97806.aspx](https://journals.lww.com/jcge/Abstract/publishahead/Implementation_of_a_Defecation_Posture.97806.aspx)

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