

PRESS CLIPPING SHEET

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DR Hisham el Khayat (1st R), Dr Hanan Nooh, second , Dr Dr Taher el Zanati, (3rd L), Asharaf Okba, then Dr Mohamed Shaker attending a press conference to announce new drug to cure constipation.

New drug for chronic constipation

A GREAT many people suffer from constipation. They use laxatives but continue to feel uncomfortable, which means the constipation is chronic and laxatives are an insufficient remedy.

They may, indeed, create new health problems in the long term. A specific medication for chronic constipation is needed.

And prominent Egyptian gastroenterologists who attended the Fourth Gastroenterology Forum in North Africa spoke of a new drug that could put an end to the problem.

According to Dr Taher el-Zanati, a Professor of Internal Medicine and Endoscopy, the new drug, prucalopride, treats chronic constipation which laxatives have failed to cure over a long period.

"It works on receptors that exist on the colon wall. It activates these receptors of which 90 per cent exist in the digestive system and 10 per cent in the brain.

The receptors are responsible for

colon motility". Dr Hanan Nooh, Professor of the Digestive System, Alexandria University, stressed that the patient who took the drug should be carefully selected.

The doctor should be sure the patient who receives prucalopride does, indeed, have chronic constipation and is not suffering from other conditions such as tumours.

The new drug is good for elderly people who complain of chronic constipation and patients with liver and kidney diseases.

Dr Asharf Okba, a Professor of Immunity, Ain Shams University, said women constitute the majority of constipation cases, noting that the rate of chronic constipation ranges between 12 and 15 per cent.

He added that there is a link between constipation and diabetes, noting that the patient complains of constipation, while the real reason is blood sugar level imbalance. The new drug plays a vital role in solving this

problem. Dr Hisham el-Khayat, a Professor of Liver Diseases and the Digestive System, said that diagnosis of chronic constipation is based on multiple symptoms, such as hard stools, straining, abdominal discomfort, infrequent bowel movement, bloating, gas and a feeling of incomplete evacuation after bowel movement.

Constipation, he said, is due to a lazy colon. Activation of the receptors is needed.

He added that there are patients who suffer from over active receptors and have diarrhea, but the new drug is safe for patients with liver or cardiac or kidney diseases. Doctors stressed that people with constipation should modify their life style before resorting to the new drug.

They should drink lots of water, exercise, eat a diet rich in fibre and avoid junk food.