腸道健康 出入平安 Bowel changes in older adults

 Chapter 4
 Lifestyle modification to prevent constipation

 第四章
 改變生活方式以預防便秘

4.1 Case study - Lifestyles of Ms. Lau

4.1 長者常見的腸道健康問題(三)- 劉女士之生活習慣

After Ms. Lau stopped taking laxatives, the same situation happened again. She often did not have a bowel movement for more than 3 days and felt abdominal discomfort. She was loss of appetite and lethargic again. Jane was very worried about Ms. Lau's situation, but she was afraid chronic laxatives will cause her bowels become dependent. She did not know whether she should see a doctor again, or whether she needed to arrange a colonoscopy. She finally told her friend who was a healthcare professional about her worries.

劉女士停止服用通便藥後一段時間,情況又再次出現,經常超過3天都沒有排便,感 到腹部脹痛,食慾不振,又再次沒精打采。女兒很擔心劉女士情況,但又怕長期服藥 會做成依賴,不知應否再去見醫生,又不知是否需要安排照大腸鏡。她最終把擔憂告 訴了做醫護人員的朋友。

So Jane's friend asked about the lifestyles of Ms. Lau, including her diet, physical activity, bowel habit and use of medication.

於是朋友細問女兒劉女士在飲食、運動、排便及服藥各方面的生活習慣。

Jane:

My mother usually eats less high-fiber vegetables because of loose teeth and avoid chewing. She usually eats minced meat, white porridge, and white bread. She also eats less fruits, especially bananas, because she thinks it is too sweet and will lead to diabetes easily in her advanced age.

女兒:

媽媽平日因牙齒鬆脫,怕咀嚼,少吃高纖維蔬菜,平時多數吃肉碎、白粥、白麵包。 她少吃水果,尤其是香蕉,因年紀大,怕吃太甜易患上糖尿。

She drinks 2 cups of coffee each day but is afraid to drink too much water as she would like to avoid frequent urination.

她每天都飲兩杯咖啡但很少飲水,因為怕小便頻密,要經常去洗手間。

Her mobility is limited owing to her arthritis. She occasionally tries to walk for exercise but is unable to do so on a daily basis on her own. She uses wheelchair and needs to be accompanied by family when she goes out. Therefore, she rarely goes out. She stays at home

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most of the day and spends hours on sitting and watching TV.

她因患有關節炎而行動不便。她偶爾會嘗試散步做運動,但無法每天做到。 媽媽外出都需要坐輪椅及家人陪同,因此她平時甚少外出,多留在家,經常看電視一 坐便是數小時。

She does not have a regular toilet routine. She goes to the toilet only when she feels she needs, and sometimes hold it when she goes out because of the dirty toilet on the street. 她平常亦沒有定時上廁所的習慣,有便意才上廁所,間中會因怕街上洗手間不清潔而 忍大便。

She suffers from several chronic diseases and needs to take a few medications every day. She also takes painkillers for joint pain.

她患有多種長期病患,需服用多種藥物,關節痛時又會服用止痛藥。

The lifestyles of Ms. Lau mentioned above are in fact very common among older adults, and these lifestyles are also the reasons why the older adults are prone to have constipation. Next, we will suggest the change of lifestyles to prevent constipation.

以上提到劉女士的生活習慣,其實於長者很常見,而這些生活習慣亦是導致長者容易 有便秘的原因。接下來我們會提議一些方法預防便秘。

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4.2 High fibre dietary advice

4.2 高纖飲食建議

4.2.1 What is dietary fibre?

4.2.1 甚麼是膳食纖維?

What is dietary fibre?

- Dietary fibre is the edible part of plants that cannot be digested in the human small intestine. It passes into the large intestine to be partly or completely broken down by gut bacteria
- It is found only in foods from plant sources such as grains, fruits, vegetables, legumes, nuts and seeds
- Fibre plays a vital role in maintaining gut health:
 - Add bulk to stool
 - Soften stool
 - Speed up removal of waste from the gut
 - Stimulate the growth and/or activities of certain good bacteria in the large intestine
- There are mainly 2 types of fibre: insoluble and soluble fibre
 - Different fibre types vary in how they perform their role in the gut. Almost all plant foods contain a combination of both insoluble and soluble fibre
 - Hence it is important to eat a wide variety of foods to ensure you are getting enough of both fibre

甚麼是膳食纖維?

- 纖維是植物的可食用部分,無法在人的腸道消化。當進入大腸時,會被我們的 腸道細菌部分或完全分解。它有助於增加糞便體積和使之軟化,加快排出體 外。
- 可在穀物、水果、蔬菜、豆類、堅果和種子等植物來源的食物中發現
- 膳食纖維在保持我們的消化系統健康方面起著重要作用:
 - 增加糞便的體積
 - 軟化糞便
 - 加速從腸道中清除廢物
 - 刺激大腸中某些有益細菌的生長和/或活性
- 纖維主要有兩種:非水溶性纖維和水溶性纖維
 - 不同的纖維類型在腸道中如何發揮不用的作用,幾乎所有的植物性食物 都含有不溶性和可溶性纖維。
 - 因此,重要的是要吃多種食物,以確保同時攝取足夠的兩種纖維。

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Insoluble and soluble fibre

	Insoluble fibre	Soluble fibre
Solubility	Does not dissolve in water	Dissolves in water and forms
		a thick gel in our digestive
		tract
Action in the gut	It adds bulk to stool and	The gel substance acts like a
	help speed up the removal	sponge during digestion,
	of waste from the gut. It	attracting fluid and
	also helps to soften stools	softening stools to make it
	by absorbing water	easier for waste to move
		through the bowel. Some
		soluble fibre are prebiotics,
		which means that they can
		stimulate the growth of
		good bacteria or act as fuel
		for the gut bacteria to
		produce beneficial
		substances which positively
		impact the gut environment
Example of food sources	Vegetables, fruits, nuts,	Oats, vegetables, fruits,
	seeds and wholegrains such	legumes, beans, nuts and
	as wheat, brown rice,	seeds
	buckwheat	

非水溶性纖維和水溶性纖維

	非水溶性纖維	水溶性纖維
可溶性	不溶於水	溶於水,在我們的消化道
		中形成濃稠的凝膠
在腸道中發揮的作用	它增加了糞便的體積,並	凝膠物質在消化過程中起
	有助於加速從腸道中清除	海綿作用,吸取液體並軟
	廢物。它還可以通過吸收	化糞便,使廢物更容易通
	水分來軟化糞便	過腸道。一些可溶性纖維
		是益生元,這意味著它們
		可以刺激有益細菌的生長
		或充當腸道細菌的燃料,
		產生有益於腸道環境的有
		益物質。
食物例子	蔬菜、水果、堅果、種子	燕麥、蔬菜、水果、豆
	和全麥,例如小麥、糙	類、堅果和種子
	米、蕎麥	

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4.2.2 High fibre diet of preventing constipation

4.2.2 預防便秘之高纖飲食建議

In our case, Ms. Lau is having low fibre diet due to loose teeth and chewing problem, which contribute to constipation. Let's learn about the importance of dietary fibre and give some advices to Ms. Lau!

Dietary fibre plays an important role in keeping our digestive system healthy as adequate dietary fibre helps to promote regular bowel movement. Fibre is the edible part of plants that cannot be digested in the human small intestine. It passes into the large intestine to be partly or completely broken down by our gut bacteria. It helps to add bulk and soften stools and speed up waste removal.

在我們的案例中,劉女士由於牙齒鬆動和咀嚼問題而攝取纖維量不足,導致便秘。讓我 們了解膳食纖維的重要性,並向劉女士提供一些建議!

膳食纖維在保持我們的消化系統健康方面起著重要作用,因為充足的膳食纖維有助於促進腸蠕動。

纖維是植物的可食用部分,無法在人的腸道消化。當進入大腸時,會被我們的腸道細菌部分或完全分解。它有助於增加糞便體積和使軟化,加快排出體外。

The Chinese Nutrition Society recommend consuming at least **25-30** g of fibre everyday.

The following is an example. The total amount of fiber in all the following foods is already the daily recommended intake:

中國營養學會建議每天至少攝入 25-30 克纖維。以下是一個例子,所有食物的纖維總和, 就已經是每天建議的攝取份量了:

一碗是指 250 毫升大小的碗	The bowl refers to 250ml size bowl
1 碗燕麥粥	1 bowl of oat porridge
1 隻中等大小的香蕉	1 medium banana
2 個奇異果	2 kiwi
1 碗糙米飯	1 bowl of brown rice
1個中等大小的蕃薯	1 medium sweet potato
10 粒原味杏仁	10 pieces of plain almonds
2 碗深綠色蔬菜(例如西蘭花,菠菜)	2 bowl of dark green vegetable (e.g. broccoli,
	spinach)

It's important to obtain dietary fibre from a wide variety of food sources rather than supplements because eating the whole food will allow us to consume the other beneficial nutrients in the food.

從各種各樣的食物而不是補充劑中獲取膳食纖維非常重要,因為食用整個食物將使我們能夠攝取食物中的其他有益營養素。

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If your fibre intake is usually low, you should increase fibre intake slowly to avoid any stomach discomfort. Remember, make sure you drink plenty of water when increasing fiber intake. Fiber absorbs water as it passes through your digestive tract which makes stool bulkier and softer. Drinking sufficient water will allow fibre to travel easily through your system and making it easier for stool to pass. With insufficient of water, it leads to dry and hard stools and causes constipation. Try to drink water throughout the day in every meal. Try to drink all fluids 2-3 hours before going to sleep to avoid going to the toilet at night.

如果平時攝取纖維較少,應慢慢逐漸增加攝取量,讓腸胃慢慢適應,避免腸胃有不適的 感覺。並記住,增加纖維攝入量時,請確保喝足夠的水。纖維在通過消化道時會吸收水 分,這會使糞便變得更大而更柔軟。喝足夠的水將使纖維容易通過腸道,從而使糞便更 容易排出。沒有足夠的水,會導致大便乾硬,引致便秘。嘗試每餐飯都喝杯水。可以睡 前 2-3 小時前喝夠所需份量,以減少晚上去廁所。

In addition to following a high fibre diet and plenty of water for gut health and relieving symptoms of constipation, we also need to

- Follow a healthy balanced diet. Ensure we are eating a diverse range of nutrients from a variety of foods in the right proportion.
- Limit unhealthy fats. Avoid eating too much unhealthy saturated fat such as deep-fried foods, fatty meat, chips, pastries, Hong Kong style sweet buns (e.g. pineapple bun). These high fat foods may slow down your digestion and contribute to constipation.
- Consume adequate healthy fats. However, our body needs certain amount of fat to function properly. Hence consuming adequate good fat is important for maintaining gut health We can consume healthy unsaturated fats such as fatty fish like salmon, sardines, nuts and seeds, avocado, olive oil
- Get moving. Physical activity can help stimulate bowel movement

除了攝取高纖飲食和足夠水份以改善腸道健康和緩解便秘症狀外,我們還需要:

•遵循健康均衡的飲食,確保我們以適當的比例從各種食物中攝取各種營養素。

•限制不健康的脂肪,避免食用過多的不健康飽和脂肪,例如油炸食品、肥肉、薯條、酥皮糕點、港式甜麵包(例如菠蘿包)。這些高脂肪食物可能會減慢消化速度,並導致便秘。

•攝入足夠的健康脂肪。我們的身體需要一定量的脂肪才能正常運作。因此,攝入 足夠的健康脂肪對保持腸道健康很重要。我們可以食用含有健康的不飽和脂肪食物, 例如三文魚、沙丁魚、堅果和種子、牛油果,橄欖油等。

記得要多做運動,幫助刺激腸道蠕動

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4.2.3 How to get adequate dietary fibre in our daily menu?

4.2.3 如何從日常飲食中攝取足夠纖維?

	建議餐膳 Suggest	red menus
早餐	鮮奶雞蛋麥皮	我們可以選擇麥皮或燕麥粥作為早餐。用燕麥粥代替白粥更
Breakfast		好,因為全麥食品(例如糙米、全麥麵包、燕麥、大麥米、
	醒來時喝1杯水	蕎麥)的纖維含量高於精製穀物。例如,糙米的纖維含量幾
	(可加入檸檬片)	乎是白米的3倍。在煮飯或煮粥時,我們還可以混入糙米、 燕麥、大麥米、小米。
	Oat porridge with	
	milk and egg	早上喝一杯水可以促進排便。如果您不喜歡水的味道平淡, 可嘗試添加一片檸檬、薄荷葉或青瓜令味道更好。通常,健
	Drink 1 glass of	康的長者每天應喝6至8杯水以保持充足水分。因此,每餐
	water when you	應喝1杯水以獲取足夠的水分。喝牛奶、果汁、熱飲及湯亦
	wake up (add in a	可以。如長者有腎功能問題,應咨詢醫生或營養師每天的飲
	slice of lemon)	水量。
		We can choose oat porridge as a breakfast. Using oat porridge to replace congee is even better because wholegrain foods such as brown rice, wholegrain bread, oats, barley, buckwheat contains higher fibre content than refined grains. For example, the fibre content of brown rice is nearly 3x that of white rice. We can also mix in brown rice, oats, barley, millet when cooking rice or congee. Drinking one cup of water in the morning can facilitate a good bowel movement. If you don't like water because it tastes bland,
		try adding a slice of lemon, mint leave or cucumber for better taste. In general, healthy older adults should drink 6-8 glasses of water per day to keep hydrated. Therefore, drink 1 glass of water every meal to get adequate fluid. Milk, fruit juice, hot drinks, soup also count as fluid. For older adults having renal problem, should seek doctor/dietitian advice.

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小食	蘋果連皮	以新鮮水果作為午餐前小食,不但能補充能量,且提供多種
Snack	或 低脂乳酪,配莓類 水果 1 杯水 Apple, with skin	營養素。纖維含量較高的水果包括莓類、梨、蘋果及橙。削 皮會失去水果纖維含量,帶皮的蘋果比削了皮的蘋果多一倍 纖維含量。吃新鮮的水果較喝果汁好,果汁中的纖維會較 少,糖含量卻較高。如果選擇喝果汁,請不要選擇添加糖的 果汁。水果乾與新鮮水果具有相似的健康益處,但是水果乾 含糖量較高,因此應注意食用的份量。有些水果還含有山梨 糖醇,這是一種天然輕瀉劑,有助於緩解便秘。山梨糖醇含 量較高的水果包括蘋果、黑莓、桃、梨、布冧及西梅等乾 果。
	or low fat yoghurt topped with berries	建議每天吃 2-3 份水果。 1 份= 1 個中等水果,例如蘋果; 2 個小水果,例如 2 個奇異果; 30 克不加糖的乾果,例如 1 湯匙提子乾,或 180 毫升不加糖的純果汁。
	1 glass of water	低脂乳酪配莓類水果例如藍莓、紅桑子也是好的零食建議。
		As a morning snack, fresh fruit can replenish energy and provide us with lots of nutrients. Fruits with higher fiber includes berries, pear, apple and orange. Peeling the skin will lose the fruit fibre content. Fibre content of apple with skin is doubled comparing with peeled apples. It is best to eat fresh food instead of drinking juice. The fibre in juice will be reduced and the sugar content is higher. If you choose to drink juice, choose juice with no added sugar. Dried fruit contains similar health benefits as fresh fruit, however dried fruits are higher in sugar content, so should be careful with the portion size eaten. There are some fruits that also contain sorbitol, a laxative which may help to relief constipation. Foods with higher amount of sorbitol include apples, blackberries, peaches, pear, plums, dried fruits such as prune.
		It is recommended to eat 2-3 servings of fruits each day. 1 serve = 1 medium fruit such as an apple; 2 small fruit (such as 2 kiwi); 30g of dried fruit without added sugar (such as 1 tbsp of raisins) or 180ml of pure fruit juice without added sugar.
		Low fat yoghurt top with berries e.g. blueberry, raspberry can also be a snack suggestion.

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午餐	粟米南瓜瘦肉粥	午餐時,在粥或湯米粉中添加蔬菜例如粟米、南瓜、椰菜可
Lunch	或湯米	以增加我們的蔬菜攝入量,並為我們提供更多的膳食纖維和
	清茶	飽肚感。每天建議食用至少3份蔬菜。使用中型碗(250毫升)作為參考,一份蔬菜是半碗煮熟的蔬菜或1碗沙律菜。 我們可以在午餐和晚餐至少進食一至兩碗煮熟的蔬菜,便達
	Corn and pumpkin	到一天所建議的份量。纖維含量較高的蔬菜包括:西蘭花、
	meat congee or rice	
	vermicelli in soup	薯、芋頭和豌豆;真菌類如菇類、雲耳、木耳等。我們應該
		選擇吃新鮮蔬菜,減少醃製蔬菜,因醃製蔬菜的鈉含量很
	Plain tea	高。
		For lunch, adding vegetables e.g. corn, pumpkin, cauliflower in congee or rice vermicelli in soup can increase our vegetables intake and give us more dietary fibre and sense of fullness. The daily recommended serving of vegetables is to eat at least 3 servings of vegetables. Using a medium bowl (250ml) as reference, one serve of vegetable is half bowl of cooked vegetable or 1 bowl of salad. We can achieve the recommended daily servings by eating at least 1-2 bowl of cooked vegetable at lunch and dinner. Vegetables with higher fiber content include: Dark green leafy vegetables such as broccoli, spinach; Starchy root vegetable such as corn, carrot, sweet potato, taro and peas; fungi vegetables such as mushrooms and cloud ear fungus. We should choose to eat fresh vegetables are high in sodium content.
下午茶	原味堅果	堅果和種子,包括核桃、杏仁、巴西堅果、奇亞籽、亞麻籽
小食		及芝麻種子含豐富的纖維。但同時,它們的脂肪含量較高,
Afternoon	1杯水	因此我們應適量進食。如果您不是過重,可以選擇進食一把
Snack		原味無添加鹽或糖的堅果作為小食,即是1個手掌心可以拿
	Plain nuts	起的大小。選擇奇亞籽時,應預先用水浸泡處理再食用。
	1 glass of water	Nuts and seeds including walnut, almonds, brazil nuts, chia seed,
		flaxseed, seasame seeds are a good source of fibre and packed
		with good nutrients. But at the same time, they are high in fat, so
		we should eat them in moderation. If overweight is not a
		problem for you, you can enjoy a handful of plain nuts, without
		added salt or sugar. If choosing chia seeds, soak them into water
		for a while to swell before consumption.

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晚餐	西蘭花炒牛肉	我們可以在餐食中加入蔬菜,例如: 西蘭花炒牛肉、蒜蓉蒸
Dinner		茄子
	蒜蓉蒸茄子	、番茄煮紅衫魚、秋葵炒蛋、馬蹄雲耳蒸肉餅、雜菜蒸蛋、 荷蘭豆炒牛肉。蔬菜可以切成小塊,使質地更柔軟,更易於 咀嚼。晚餐時,也進食至少一碗蔬菜。
	Stir fry beef with	
	broccoli	We can add in vegetables into our meal dishes, e.g. stir fry broccoli with beef, steam eggplant with garlic, pan fry fish with
	Steam eggplant	tomato, stir fry okra with egg, steam minced pork with water
	with garlic	chestnut and cloud ear fungus, steam egg with diced corn and peas, stir fry snow peas with beef. Vegetables can be cut into smaller pieces to allow a softer texture for easier chewing. We should eat at least 1 bowl of vegetable for dinner.
	糙米飯	如前所述,全麥食品比精製穀物含有更高的纖維含量。我們可以選擇糙米代替白米,如果未適應,可嘗試先將1/3 糙米
	Brown rice	與2/3 白米混合,然後逐漸增加比例。而糙米可以預先浸泡 一陣再煮,可以令糙米軟一些,米飯當中亦可加入南瓜、番 薯塊一起進食。
		As mentioned before wholegrain foods contain higher fibre content than refined grains. We may choose brown rice instead
		of white rice, if the switch is too hard, try mixing in 1/3 brown rice with 2/3 white rice to start with and gradually increase the
		proportion. Soaking brown rice in water for a while before
		cooking can help soften the rice. Also pumpkin or sweet potato
		can be added into the rice.
	青紅蘿蔔瘦肉湯	不妨以蔬菜為主要煲湯材料,例如西洋菜湯、青紅蘿蔔瘦肉 湯、冬瓜瘦肉湯、蕃茄薯仔粟米湯。湯中的蔬菜也可以進
	Green radish and	食。另外,我們也可以在湯中加入豆類,例如黃豆瘦肉湯、
	carrot with lean	紅腰豆雜菜湯。鷹嘴豆、紅腰豆、紅豆、綠豆的纖維含量很
	meat soup	高,平均每1/2碗煮熟的豆類可提供約7克纖維,是每天建 議纖維量的1/4。
	1杯水	但要注意避免一次吃太多,因為有些人可能會感到胃脹。應
	1 glass of water	慢慢逐漸增加份量以避免胃部不適。
		When you make soups, let vegetables be the major ingredient, such as watercress soup, green radish and carrot with lean meat soup, winter melon with lean pork soup and tomato with potato
		and corn soup. The vegetables in the soup can also be eaten. We

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		can also add beans into soup e.g. soybean with lean pork soup and kidney bean with vegetable soup. Beans such as chickpeas, kidney beans, red beans, and mung beans are high in fibre, an average ½ bowl of cooked beans provides about 7g of fibre which is 1/4 of the recommended daily intake. Avoid eating too much at once as some people may experience gas, bloating. Start slow and gradually increase portion sizes to avoid stomach discomfort.
小食 Snack	香蕉 或 自製高纖甜品(例 如: 紅豆或綠豆糖 水或雜果大菜糕) Banana or Home-made dessert (e.g. red bean or mung bean sweet soup or agar jelly with fruits)	晚餐後進食水果也是一個好的選擇,有些時候,亦可以自製 一些高纖甜品。制作甜品時可加豆類,例如紅豆或綠豆糖 水,但最好是自製以控制糖的份量。如果您擔心晚上攝取太 多水份,可以減少進食糖水的份量,避免晚上需要去廁所的 情況。 我們也可以將大菜糕製成小食。大菜糕含有膳食纖維,有助 刺激腸道蠕動及排便。有些通便藥都要由大菜製成的。您可 以加入水果、紅豆或您喜歡的口味來製作自己的啫哩大菜 糕。 有關食譜,可參閱 4.2.5 高纖飲食食譜。 Eating fruit for supper is a good choice. Occasionally, we can also make our own high fibre desserts. Add beans when making dessert is also good, e.g. red bean o mung bean sweet soup, but it is better to make our own dessert to control the amount of sugar. If you are worried that you are consuming too much fluid at night, you can reduce the amount of soup consumed to avoid waking up to go to the toilet at night. We can also make agar as a snack. Agar also contains fibre. It can help stimulate the intestines and bowel movement. Some laxatives are made of agar. You can make agar jelly by adding
		fruits, red beans or any flavors that you like. For recipe, refer to Chapter 4.2.5 High fibre diet recipe.

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4.2.4 Learn about the fibre content of different kinds of food

4.2.4 認識不同食物之纖維含量及小貼士

Tips to achieve adequate fibre intake

- The Chinese Nutrition Society recommend consuming **at least 25-30 g** of fibre everyday
- Get fibre from a variety of food sources, to ensure that we are obtaining the different type of fibres which served different functions in our gut
- Obtain fibre from food rather than fibre supplements. Eating the whole food will allow us to consume the other beneficial nutrients in that food
- Follow a healthy balanced diet
- Below are some strategies and advices for Ms. Lau to add fibre foods into her daily diet:
 - 1. Choose wholegrains over refined grains
 - 2. Eat a variety of vegetables and fruits
 - 3. Include legumes and beans in daily cooking
 - 4. Include nuts and seeds in diet
 - 5. Choose high fibre foods as snacks
 - 6. Drink enough water
 - 7. Increase fibre gradually

攝取足夠纖維量的小貼士

- 中國營養學會建議每天至少攝入 25-30 克纖維
- 從各種食物中獲取纖維,以確保我們獲取不同類型的纖維在腸道中起著不同的 作用
- 從食物而不是纖維補充劑中攝取纖維。吃整個食物將使我們能夠獲取食物中的 其他有益營養素
- 遵循健康均衡的飲食
- 以下是劉女士在日常飲食中添加纖維食品的一些策略和建議:
 - 1. 選擇全麥而非精製穀物
 - 2. 吃多元化蔬菜和水果
 - 3. 在日常烹調中加入豆類
 - 4. 在飲食中加入堅果和種子
 - 5. 選擇高纖維食物作為零食
 - 6. 多喝水
 - 7. 逐漸增加纖維

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1. Choose wholegrains over refined grains

- Wholegrain foods include wheat, brown rice, wholegrain bread, oats, barley, whole wheat pasta, buckwheat
- Wholegrain foods contain higher fibre content than refined grains (e.g. fibre content in brown rice is nearly three times as much as white rice)
- Simple strategies to include more wholegrains in daily diet:
 - Eat at least half of the daily grains as wholegrains
 - Choose brown instead of white rice. If the switch is too hard mix 1/3 of brown rice with 2/3 of white rice for a start
 - Mix brown rice, barley, oats, millet when cooking rice or congee
 - Choose wholegrain bread instead of white bread
 - Eat oats or wholegrain cereal for breakfast
 - Check the food label for fibre content. Solid foods with at least 6g of dietary fibre per 100g of food and liquid food with at least 3g of fiber per 100ml are considered as a high source of dietary fibre

1. 選擇全麥而非精製穀物

- 全麥食品包括小麥、糙米、全麥麵包、燕麥、大麥、全麥麵食、蕎麥
- 全麥食品的纖維含量要高於精製穀物(例如糙米中的纖維含量幾乎是白米的三倍)
- 在日常飲食中添加更多全麥的簡單策略:
 - 至少每天吃一半穀物作為全麥
 - 選擇糙米而不是白米。如果開始時太難轉變,則將 1/3 糙米與 2/3 白米 混合
 - 烹調米飯或粥時,混合糙米、大麥、燕麥、小米
 - 選擇全麥麵包而不是白麵包
 - 早餐吃燕麥或全麥穀物
- 檢查食品標籤上的纖維含量。每100克固體食品中至少含有6克膳食纖維和每 100毫升液態食物中至少含有3克纖維均被認為是高膳食纖維來源

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Grains and grain products	Amount	Fibre content (g)
Barley, cooked	1 bowl	6.5
Bread, whole wheat	1 slice	2.2
Corn flakes	1 bowl	0.8
Millet, cooked	1 bowl	2.3
Oats, cooked	1 bowl	4.0
Pasta, wholegrain, cooked	1 bowl	5.5
Rice, brown, cooked	1 bowl	3.1
Rice noodle, cooked	1 bowl	1.8

Fibre content of some common grains and grain products

1 bowl=250ml; Source: USDA. FoodData Central 2019. fdc.nal.usda.gov.

一些普通穀物和穀物產品的纖維含量

穀物和穀物產品	份量	纖維含量(克)
大麥,煮熟	1 碗	6.5
全麥麵包	1 片	2.2
粟米片	1 碗	0.8
小米,煮熟	1 碗	2.3
燕麥,煮熟	1 碗	4.0
意大利麵,全麥,煮熟	1 碗	5.5
米飯,褐色,煮熟	1 碗	3.1
米粉,煮熟	1 碗	1.8

1 碗=250 毫升; 來源: USDA. FoodData Central 2019. <u>fdc.nal.usda.gov.</u>

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2. Eat a variety of vegetables and fruits

- Eat a **rainbow colour** of vegetables and fruits! Red, orange, yellow, green, blue, purple and white
- Eating a variety of different colours and type of vegetables and fruits will ensure a diversity of nutrient intake
- Vegetables and fruits are a great source of dietary fibre. While all vegetables and fruits have some fibre, there are some that are higher than others
- Peeling the skin of vegetables and fruit is most likely to reduce its fibre content. So where possible, leave the skin on (e.g. potatoes, sweet potatoes, apples, pear)
- Eat at least 3 serves of vegetables and 2-3 serves of fruits everyday

2.吃多元化蔬菜和水果

- 吃彩虹色的蔬菜和水果!紅色、橙色、黄色、綠色、藍色、紫色和白色
- 吃各種不同顏色和類型的蔬菜和水果將確保營養攝入的多元化
- 蔬菜和水果是膳食纖維的重要來源。雖然所有的蔬菜和水果都有一定的纖維, 但有些比其他的要高
- 削去蔬菜和水果的皮可能減少其纖維含量。因此,請盡可能保留(例如薯仔、 蕃薯、蘋果、梨)
- 每天至少吃3份蔬菜和2-3份水果

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Vegetables

- Examples of some vegetables with higher fiber content: dark green vegetables (broccoli, spinach, okra), starchy root (corn, carrot, sweet potato, taro), peas (green peas, snowpeas), fungus (cloud ear)
- Preserved vegetables are high in sodium, so it is better to eat fresh vegetables
- Eat at least 3 serves of vegetables with different colours and types everyday
- What is 1 serve of vegetable?
 - Using 250ml bowl as reference: ½ bowl of cooked vegetable or 1 bowl of salad
- Simple strategies to include more vegetables in daily diet:
 - Always include vegetables in meals
 - Add vegetables e.g. corn, carrot, winter melon, mushroom, tomato into soup and eat them
 - Cook dishes with vegetables, peas or mushrooms
 - Mix starchy root vegetables into rice e.g. sweet potato, corn, taro
 - Include vegetables in sandwich e.g. tomato, cucumber
 - Snack on vegetables e.g. cherry tomatoes, cucumber, sweet potatoes

蔬菜

- 纖維含量較高的蔬菜:深綠色蔬菜(西蘭花、菠菜、秋葵),澱粉狀根(粟米、 紅蘿蔔、蕃薯、芋頭),豌豆(青豆、荷蘭豆),木耳(雲耳)
- 醃製蔬菜的鈉含量很高,所以最好吃新鮮蔬菜
- 每天至少吃三份不同顏色和類型的蔬菜
- 什麼是一份蔬菜?
 - 使用 250 毫升碗作為參考:半碗煮熟的蔬菜或1碗沙律
- 在日常飲食中添加更多蔬菜的簡單策略:
 - 每餐都有蔬菜
 - 加入蔬菜,例如粟米、紅蘿蔔、冬瓜、蘑菇、番茄放入湯中食用
 - 用蔬菜、豌豆或蘑菇做飯
 - 將澱粉狀的根菜類蔬菜拌入大米中,例如蕃薯、粟米、芋頭
 - 在三文治中加入蔬菜,例如番茄、青瓜
 - 用蔬菜作零食例如車厘茄、青瓜、蕃薯

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Vegetables	Amount	Fibre content (g)
Broccoli, cooked	1 bowl	4.2
Carrot, cooked	1 bowl	4.5
Cauliflower, cooked	1 bowl	3.2
Chinese cabbage, cooked	1 bowl	1.7
Chinese kale, cooked	1 bowl	2.3
Corn, cooked	1 bowl	3.2
Egg plant, cooked	1 bowl	3.0
Green peas, cooked	1 bowl	7.3
Lettuce, cooked	1 bowl	1.2
Okra, cooked	10 pods	3.0
Onions, cooked	1 bowl	4.2
Shiitake mushroom, cooked	4 mushrooms	1.5
Snowpeas, cooked	1 bowl	4.3
Spinach, cooked	1 bowl	4.6
Sweet potato, cooked	1 medium	3.6
Taro, cooked	1 bowl	6.9
Tomato, cooked	1 bowl	3.6

Fibre content of some common vegetables

1 bowl=250ml; Source: USDA. FoodData Central 2019. <u>fdc.nal.usda.gov.</u>

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蔬菜	份量	纖維含量(克)
西蘭花,煮熟	1 碗	4.2
紅蘿蔔,煮熟	1 碗	4.5
椰菜,煮熟	1 碗	3.2
大白菜,煮熟	1 碗	1.7
芥蘭,煮熟	1 碗	2.3
粟米,煮熟	1 碗	3.2
茄子,煮熟	1 碗	3.0
青豆,煮熟	1 碗	7.3
生菜,煮熟	1 碗	1.2
秋葵,煮熟	10 條	3.0
洋蔥,煮熟	1 碗	4.2
香菇,煮熟	4 個	1.5
豌豆,煮熟	1 碗	4.3
菠菜,煮熟	1 碗	4.6
蕃薯・煮熟	1 中型	3.6
芋頭,煮熟	1 碗	6.9
蕃茄,煮熟	1 碗	3.6

一些常見蔬菜的纖維含量

1 碗=250 毫升; Source: USDA. FoodData Central 2019. <u>fdc.nal.usda.gov.</u>

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Fruits

- Fruits with higher fiber: berries, pear, apple, orange
- Peeling the skin will lose the fruit fibre content. Apples with skin has about 4g of fibre while peeling the skin will reduce it by half
- Eating fresh fruit instead of drinking juice. Fibre will be reduced and sugar content is higher. Choose pure fruit juice without added sugar
- Dried fruit contains similar health benefits as fresh fruit, however dried fruits are high in sugar, so should be careful with the portion size eaten. Choose dried fruits without added sugar
- Some fruits contain sorbitol, a laxative which may help to relief constipation. Foods with higher amount of sorbitol include apple, blackberries, pear, peach, plum, dried fruits such as prune

水果

- 高纖維水果:莓類、梨、蘋果、橙
- 削皮會減少水果纖維含量。連皮的蘋果含有約4克的纖維,而去皮的會減少一
 半
- 吃新鮮的水果而不是喝果汁。果汁的纖維會較少,糖含量會較高。應選擇不加 糖的純果汁
- 水果乾與新鮮水果具有相似的健康益處,但水果乾含糖量很高,因此應注意所 食用的份量。應選擇不加糖的乾果
- 有些水果含有山梨糖醇,這是一種通便藥,可有助於緩解便秘。山梨糖醇含量
 較高的食物包括蘋果、黑莓、梨、桃、布冧、西梅乾果

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Fibre content of some common fruits

Fruits	Amount	Fibre content
		(g)
Apple with skin	1 small	3.6
Apple without skin	1 small	1.7
Avocado	1 fruit	10.0
Banana	1 medium	3.1
Blueberries	1 bowl	3.5
Dried apricot	3 pieces	1.8
Dried prune	3 pieces	1.7
Fig	1 fruit	1.5
Kiwi	1 fruit	2.3
Mango	1 fruit	3.4
Orange	1 fruit	3.7
Plum	1 fruit	1.0
Raisins	1 tablespoon	1.3
Raspberries	1 bowl	9.8
Strawberries	1 bowl	3.0

1 bowl=250ml; Source: USDA. FoodData Central 2019. <u>fdc.nal.usda.gov.</u>

一些常見水果的纖維含量

水果	份量	纖維含量(克)
蘋果連皮	1小型	3.6
蘋果不連皮	1 小型	1.7
牛油果	1 個	10.0
香蕉	1 中型	3.1
藍莓	1 碗	3.5
杏乾	3 顆	1.8
西梅乾	3 顆	1.7
無花果	1 個	1.5
奇異果	1 個	2.3
芒果	1 個	3.4
橙	1 個	3.7
布冧	1 個	1.0
葡萄乾	1 茶匙	1.3
紅莓	1 碗	9.8
士多啤梨	1 碗	3.0

1 碗=250 毫升; Source: USDA. FoodData Central 2019. <u>fdc.nal.usda.gov.</u>

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- Eat 2-3 serves of fruits everyday
- What is 1 serve of fruit?
 - A medium size fresh fruit e.g. apple, orange or,
 - 2 small fresh fruits e.g. 2 kiwis or,
 - 30g dried fruits without added sugar ~ 1 tbsp of raisin, 3 prunes or,
 - 3/4 cup (~180ml) of pure fruit juice without added sugar
- Simple strategies to increase fruit intake
 - Eat fruit for snacks between meals
 - Add fresh or dried fruits into salad, yoghurt or cereal
- 每天吃 2-3 份水果
- 甚麼是一份水果?
 - 中等大小的新鮮水果,例如蘋果、橙子或
 - -2小塊新鮮水果,例如2奇異果或
 - -30 克乾果,不加糖~1 湯匙葡萄乾、3 個布冧或
 - 3/4 杯 (~180ml) 純果汁,不添加糖
- 增加水果攝入量的簡單策略
 - 兩餐之間吃水果作零食
 - 將新鮮或乾果加入沙律,乳酪或穀物中

3. Include legumes and beans in daily cooking

- Legumes are rich in dietary fibre and good source of protein
- Some people my experience wind, bloating, gas when eating legumes and beans
 - Start by eating small serving and gradually increase the amount to avoid stomach discomfort
- Simple strategies to increase legumes/beans intake
 - Add beans to rice, soup, salad, dishes, desserts
 - Substitute legumes and beans for meat two to three times per week

3. 在日常烹調中加入豆類

- 豆類富含膳食纖維和良好的蛋白質來源
- 有些人在吃豆類時可能會感到腹脹、脹氣
 - 開始時少量進食,逐漸增加量以免胃部不適
 - 增加豆類攝入量的簡單策略
 - 在大米、湯、沙律、菜餚、甜點中添加豆類
 - 每周用豆類代替肉類兩次至三次

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Legumes and beans	Amount	Fibre content (g)
Baked beans	1 bowl	14.3
Chickpeas, cooked	1 bowl	12.5
Mung beans, cooked	1 bowl	15.4
Red beans (adzuki), cooked	1 bowl	16.8
Red kidney beans, cooked	1 bowl	13.1
Soy beans, cooked	1 bowl	10.4

Fibre content of some common legumes and beans

1 bowl=250ml; Source: USDA. FoodData Central 2019. <u>fdc.nal.usda.gov.</u>

一些常見豆類的纖維含量

豆類	份量	纖維含量(克)
焗豆	1 碗	14.3
鷹嘴豆,煮熟	1 碗	12.5
綠豆,煮熟	1 碗	15.4
紅豆,煮熟	1 碗	16.8
紅腰豆,煮熟	1 碗	13.1
大豆,煮熟	1 碗	10.4

1 碗=250 毫升; Source: USDA. FoodData Central 2019. <u>fdc.nal.usda.gov.</u>

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4. Include nuts and seeds in diet

- Nut is a good source of fibre but high in fat and calories, so should be eaten in moderation
- Choose plain, unsalted nuts
- Seeds such as flaxseed and chia seeds are high in dietary fibre. Chia seeds must be soaked in water for expansion before consumption. It should never be eaten in its raw dry state. Not recommended for people with swallowing difficulties
- Simple strategies to increase nuts and seeds
 - Eat nuts or seeds as snacks
 - Add nuts into dishes
 - Add chopped nuts or seeds (such as sesame seeds, almonds, walnuts) into yoghurt, cereal, oats or salad
 - Add flaxseeds or chia seeds into yoghurt

4. 在飲食中加入堅果和種子

- 堅果是纖維的良好來源,但脂肪和卡路里含量很高,因此應適量食用
- 選擇無鹽的普通堅果
- 亞麻籽和奇亞籽等種子的膳食纖維含量很高。食用前必須將奇亞籽浸泡在水中 以使其膨脹。切勿以原始乾燥狀態食用。吞嚥困難的人士不宜食用
- 增加堅果和種子的簡單策略
 - 吃堅果或種子作為零食
 - 將堅果加入餸菜中
 - 將切碎的堅果或種子(例如芝麻籽、杏仁、核桃)加入乳酪、
 穀物、燕麥或沙律中
 - 將亞麻籽或奇亞籽添加到乳酪中

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Fibre content of	f some	common	nuts	and	seeds
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Nuts and seeds	Amount	Fibre content (g)
Almonds	10 nuts	1.3
Brazil nuts	3 nuts	1.1
Cashew nuts	10 nuts	1.5
Chia seed, dried	1 teaspoon	2.0
Flaxseed	1 teaspoon	1.0
Peanuts	10 nuts	1.0
Pistachios	10 nuts	0.5
Walnuts	10 nuts (halves)	1.3

1 bowl =250ml; Source: USDA. FoodData Central 2019. <u>fdc.nal.usda.gov.</u>

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堅果和種子	份量	纖維含量(克)
杏仁	10 粒	1.3
巴西堅果	3 粒	1.1
腰果	10 粒	1.5
奇亞籽,乾	1 茶匙	2.0
亞麻籽	1 茶匙	1.0
花生	10 粒	1.0
開心果	10 粒	0.5
核桃	10 粒 (開一半)	1.3

1 碗=250 毫升; Source: USDA. FoodData Central 2019. <u>fdc.nal.usda.gov.</u>

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5. Choose high fibre foods as snack

- Choose wholegrain snacks such as wholgrain bread or biscuit, popcorn
 - Check food label for fibre content
- Eat fresh vegetables, fruits and nuts as snack
 - Vegetables: carrot, cherry tomato, celery, cucumber, sweet potato
 - Fruits: apple, pear, berries, prune without added sugar
 - Nuts: handful of plain mixed nuts such as almonds, walnuts, brazil nuts
- Make own high fibre snacks
 - Use agar to make desserts
 - Low fat yoghurt top with berries and chia seeds or flaxseeds
 - Wholegrain bread with avocado and banana
 - Low sugar red bean soup/mung bean soup (or even make it without sugar)

5. 選擇高纖維食物作為零食

- 選擇全麥小吃,如全麥麵包或餅乾或爆谷
 - 檢查食品標籤上的纖維含量
- 多吃新鮮蔬菜、水果和堅果作為小吃
 - 蔬菜:紅蘿蔔、車厘茄、芹菜、青瓜、蕃薯
 - 水果:蘋果、梨、莓類、無糖西梅
 - 堅果:少量原味混合堅果,例如杏仁、核桃、巴西堅果
- 自製高纖維小吃
 - 用大菜做甜點
 - 莓類、奇亞籽或亞麻籽的低脂乳酪
 - 牛油果和香蕉全麥麵包
 - 低糖紅豆沙/綠豆沙(甚至不加糖)

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6. Drink enough water

- Drink plenty of water when increasing fiber intake
- Fiber absorbs water as it passess through your digestive tract which help to make stool bulkier and softer
- Drinking sufficient water will allow fibre to travel easily through your system, making it easier for stool to pass
- With insufficient of water, it leads to dry and hard stools and causes digestive problems such as constipation
- Healthy individuals should aim for **6-8 glasses** of water per day
 - Milk, fruit juice, hot drinks, soup also count as fluid
 - Water is the best drink for hydration. Lemon, mint leave or cucumber can be added for taste
 - Limit caffeine containing drinks such as tea or coffee as these contribute to dehydration
 - Try to drink all fluids 2-3 hours before going to sleep to avoid going to the toilet at night

6. 多喝水

- 增加纖維攝入量時要多喝水
- 纖維在通過消化道時會吸收水分,這有助於增加糞便體積及更柔軟
- 喝足夠的水將使纖維輕鬆通過腸道,從而使糞便更容易通過
- 如果飲水不足,會導致大便乾燥和堅硬,並引起腸道問題,例如便秘
- 健康的人應該每天喝6至8杯水
 - 牛奶、果汁、熱飲、湯也算作水份
 - 清水是補充水份最好的飲料。可以加入檸檬、薄荷葉或青瓜調味
 - 限制含咖啡因的飲料,如茶或咖啡,因它們會導致脫水
 - 嘗試在睡前 2-3 小時喝完所有水份,以免晚上去廁所

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7. Increase fibre gradually

- It is important to increase fibre gradually as increasing the fibre intake all at once can lead to stomach discomfort or bloating. The body would need time to adjust to the increasing level of fibre intake
 - Make small changes in the eating habit each week such as
 - Week 1: Adding brown rice to white rice
 - Week 2: Switching from white bread to whole wheat bread
 - Week 3: Adding extra vegetables or fruits
 - Week 4: Adding a high fibre snack between meals such as sweet potatoes, wholegrain biscuit

7. 逐漸增加纖維

- 逐漸增加纖維很重要,因為立即增加纖維的攝入量會導致胃部不適或腹脹。身 體需要時間來適應不斷增加的纖維攝入量。
 - 每週改變一下飲食習慣,例如
 - 第1週:在白米飯中加入糙米
 - 第2週:把白麵包換成全麥麵包
 - 第3週:添加額外的蔬菜或水果
 - 第4週:在兩餐之間添加高纖維小吃,例如蕃薯、全麥餅乾

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Sample menu with around 25 grams of fibre

Breakfast1 bowl of milk oat porridge with egg (add ¼ bowl of barley) 1 small banana7Morning tea1 cup of low fat yoghurt (add ¼ cup of berries)2Lunch2-3 bowls of corn, pumpkin and meat congee (mix rice with ½ bowl of corn, ½ bowl of pumpkin and ½ bowl of cauliflower)5Afternoon tea1 handful of plain unsalted mixed nuts2Dinner1 bowl of rice (mix with 1/3 brown rice and 2/3 white rice) Stir fry beef with broccoli (eat at least ½ bowl of eggplant) 1 bowl of green radish and carrot with lean meat soup (eat at least ½ bowl of green radish/carrot)6	Meal	Food	Fibre content (g)
Lunch2-3 bowls of corn, pumpkin and meat congee (mix rice with ½ bowl of corn, ½ bowl of pumpkin and ½ bowl of cauliflower)5Afternoon tea1 handful of plain unsalted mixed nuts2Dinner1 bowl of rice (mix with 1/3 brown rice and 2/3 white rice) Stir fry beef with broccoli (eat at least ½ bowl of broccoli) Steam eggplant with garlic (eat at least ½ bowl of eggplant) 1 bowl of green radish and carrot with lean meat soup (eat at least ½ bowl6	Breakfast		7
(mix rice with ½ bowl of corn, ½ bowl of pumpkin and ½ bowl of cauliflower)2Afternoon tea1 handful of plain unsalted mixed nuts2Dinner1 bowl of rice (mix with 1/3 brown rice and 2/3 white rice) Stir fry beef with broccoli (eat at least ½ bowl of broccoli) Steam eggplant with garlic (eat at least ½ bowl of eggplant) 1 bowl of green radish and carrot with lean meat soup (eat at least ½ bowl6	Morning tea	1 cup of low fat yoghurt (add ¼ cup of berries)	2
teaI bowl of rice (mix with 1/3 brown rice and 2/3 white rice) Stir fry beef with broccoli (eat at least ½ bowl of broccoli) Steam eggplant with garlic (eat at least ½ bowl of eggplant) 1 bowl of green radish and carrot with lean meat soup (eat at least ½ bowl6	Lunch	(mix rice with $\frac{1}{2}$ bowl of corn, $\frac{1}{2}$ bowl of pumpkin and $\frac{1}{2}$ bowl of	5
Stir fry beef with broccoli (eat at least ½ bowl of broccoli) Steam eggplant with garlic (eat at least ½ bowl of eggplant) 1 bowl of green radish and carrot with lean meat soup (eat at least ½ bowl		1 handful of plain unsalted mixed nuts	2
	Dinner	Stir fry beef with broccoli (eat at least ½ bowl of broccoli) Steam eggplant with garlic (eat at least ½ bowl of eggplant) 1 bowl of green radish and carrot with lean meat soup (eat at least ½ bowl	6
Supper 1 orange or apple (with skin) 4	Supper	1 orange or apple (with skin)	4

1 bowl/cup=250ml

約 25 克纖維的餐單例子

膳食	食物	纖維含量(克)
早餐	1碗雞蛋加牛奶燕麥粥(加¼碗大麥) 1隻小型香蕉	7
早餐後小食	1杯低脂乳酪(加24杯莓類)	2
午餐	2-3碗粟米、南瓜和肉類粥 (將大米與%碗粟米,半碗南瓜和半碗椰菜混合)	5
下午茶	原味混合堅果	2
晩餐	 1碗米飯(與1/3糙米和2/3白米混合) 炒牛肉和西蘭花(吃至少半碗西蘭花) 蒜蓉蒸茄子(吃至少半碗茄子) 1碗青紅蘿蔔瘦肉湯(吃至少半碗青蘿蔔/紅蘿蔔) 	6
宵夜	1個橙或蘋果連皮	4

1 碗=250 毫升

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Can you modify this diet to one with a higher fibre intake?

Meal	Food
Breakfast	White congee with meat
	Rice noodle roll
	Soy milk (low sugar)
Morning tea	Doesn't usually eat
Lunch	Soy sauce chicken drumstick
	Rice noodles (using chicken broth as soup base)
Afternoon tea	Cocktail bun
Dinner	Stir fry egg with tomato
	Steam fish
	Lean meat soup
	White rice
Supper	Soda biscuit
	Orange

您可以將這個餐單改善為高纖維的餐單嗎?

膳食	食物
早餐	瘦肉白粥
	腸粉
	豆漿(低糖)
早餐後小食	通常不吃
午餐	豉油雞腿
	米粉(以雞湯為湯底)
下午茶	雞尾包
晩餐	番茄炒蛋
	蒸魚
	瘦肉湯
	白米
宵夜	梳打餅乾
	橙

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Can you modify this diet to one with a higher fibre intake?

- Hints
 - Are most of the grains eaten wholegrains?
 - aim for at least 50% of daily grain as wholegrains
 - Are the fruits and vegetables intake enough?
 - at least 3 serves of vegetables and 2-3 serves of fruits
 - ✤ Are there any legumes, beans, nuts, seeds in the diet?
 - Are there any snacks between meals and are they high fibre choices?
 - Also don't forget to check the fluid intake!
- 您可以將這個餐單改善為高纖維的餐單嗎?

提示

- ◆ 大多數穀物都是全麥嗎?
- 每天至少將全穀物的 50% 作為目標
- ◆ 水果和蔬菜攝入量足夠嗎?
- 至少3份蔬菜和2-3份水果
- ◆ 飲食中是否有豆類、堅果、種子?
- ◆ 兩餐之間有零食嗎?它們是高纖維的選擇嗎?
- ◆ 另外,別忘了檢查水份攝入量!

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A modified diet with high fibre

Meal	Food	Modification to increase fibre
Breakfast	White congee with meat	- Add corn, pumpkin or beans into the congee
	Rice noodle roll	- Whole wheat mantou instead of rice noodle roll
	Soy milk (low sugar)	- Sesame powder can be added into the soy milk
Morning tea	Doesn't usually eat	- Add a high fibre snack such as plain unsalted nuts and low fat milk or low fat yoghurt with chopped nuts
Lunch	Soy sauce chicken drumstick Rice noodles (using chicken	 Add vegetables into the chicken dish e.g. stir fry bell pepper with chicken fillet Buckwheat noodle instead of rice noodle
	broth as soup base)	- Vegetables can be added into the noodle soup e.g. Chinese cabbage, pumpkin, corn, shiitake mushroom
		- Order a bowl of boiled vegetables if dinning out
Afternoon tea	Cocktail bun	- A slice of wholegrain bread / toast with peanut butter (thin spread) instead of cocktail bun - Add fruits such as banana
Dinner	Stir fry egg with tomato	- Add onion or okra into the egg
	Steam fish	- Cook fish with corn puree or vegetables e.g. fish fillet in corn, pan fry fish with tomato
	Lean meat soup	- Add vegetables (e.g. carrot) or beans (e.g. kidney bean, chickpea, soybean) into the soup
	White rice	- Mix brown rice, beans or starchy root vegetables into the rice
Supper	Soda biscuit	- Wholegrain biscuit instead of soda biscuit
		- Orange is a good choice
Fluid intake	Remember to drink 6-8 cups	of fluid everyday, with water being the best drink for hydration !

改善後的高纖維餐單

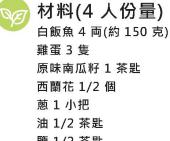
膳食	食物	改善餐單以增加纖維
早餐	瘦肉白粥 腸粉 豆漿(低糖)	-將粟米、南瓜或豆類放入粥中 -全麥曼頭(而不是腸粉) -添加芝麻粉到豆漿
早餐後小食	通常不吃	- 加入高纖維的零食,例如原味無鹽堅果和低脂牛奶或低脂乳酪和切碎的堅果
午餐	豉油雞腿 米粉(以雞湯為湯底)	-將蔬菜放入雞肉中,例如燈籠椒炒雞柳 -蕎麥麵代替米粉 -可以在麵條湯中加入蔬菜,例如大白菜、南瓜、玉米、香菇 -如果外出用餐,可加一碗烚菜
下午茶	雞尾包	-一片全麥麵包/多士加花生醬(薄醬)代替雞尾包 -加入香蕉等水果
晩餐	番茄炒蛋 蒸魚 瘦肉湯 白米	-加人洋蔥或秋葵煮雞蛋 -用粟米蓉或蔬菜煮魚,例如粟米魚柳,番茄煮紅衫魚 -在湯中加入蔬菜(例如紅蘿蔔)或豆類(例如腰豆、鷹嘴豆、大豆) -將糙米、豆類或澱粉類根莖類蔬菜拌入大米中
宵夜	梳打餅乾	-全麥餅乾,代替梳打餅乾 -橙是一個不錯的選擇
水份	記住每天要喝6-8杯水份,而注	清水是補充水分的最佳飲料!

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黃金歲月 (青蔥白飯魚煎蛋伴西蘭花果仁碎) Golden Age (Scrambled eggs with Chinese noodle fish, broccoli and nuts)









🔿 做法

Tockey Club

- 1. 白飯魚洗淨並用廚房紙拭乾水份
- 2. 蔥洗淨切粒
- 3. 雞蛋打勻,加入鹽、胡椒粉調味
- 4. 白飯魚落鑊炒香·盛起備用
- 5. 西蘭花洗淨並切成細件·灼熟
- 6. 白飯魚連同蔥粒加入雞蛋漿、
 倒入鑊中煎至金黃色、盛起擺盤
- 7. 以西蘭花及果仁碎(南瓜籽)作伴碟



Ingredients (4 servings)

- Chinese noodle fish 4 tael (about 150 g) 3 eggs
- 1 teaspoon of original pumpkin seeds
- Broccoli 1/2
- 1 small handful of green onions
- 1/2 tsp oil
- 1/2 tsp salt
- Pepper a little

Method

- 1. Wash the Chinese noodle fish and wipe dry with kitchen paper
- 2. Wash the green onions and cut into pieces
- 3. Whisk the eggs, add salt and pepper
- 4. Stir-fry the Chinese noodle fish in a wok, set aside
- 5. Wash the broccoli and cut into small pieces, cooked
- 6. Add the Chinese noodle fish and green onion to the egg, pour it into a wok and fry until golden
- 7. Put broccoli and chopped nuts (pumpkin seeds) for decoration

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E	材料(2 人份量)		
	三文魚 250-300 克			
	紅蘿蔔1條			
	原味腰果或杏仁4粒			
	西蘭花 1 個			
	洋蔥 1/2 個			
	西芹2節	調	味料	:
	蒜頭 2 小顆	鹽	1/3	茶匙
	檸檬 1/2 個	胡	椒粉	適量

🎧 做法

- 先用鹽及胡椒粉醃三文魚 10 分鐘
 將紅蘿蔔、洋蔥及西芹切片。
- 西蘭花切件・蒜頭切粒
- 3. 把紅蘿蔔片和西蘭花灼熟·盛起備用
- 將三文魚用易潔鑊煎香,上碟, 加入檸檬汁
- 將洋蔥及西芹炒熟,紅蘿蔔和西蘭花 回鑊,酌量加入鹽、故椒粉
- 6. 配料上碟放在三文魚旁即成



彩虹三文魚 (煎三文魚伴雜菜) Rainbow Salmon (Fried salmon with mixed vegetables)

Ingredients (2 servings)

Salmon 250-300 g 1 carrot 4 plain cashews or almonds 1 broccoli 1/2 onion Celery 2 knots seasoning: 2 small garlic cloves Salt 1/3 teaspoon 1/2 lemon Pepper, to taste



Method

1. Marinate the salmon with salt and pepper for 10 minutes

- 2. Cut carrot, onion and celery, cut broccoli into pieces, and diced garlic
- 3. Cook the carrot slices and broccoli, set aside
- 4. Fry the salmon in an easy-clean wok, serve on a plate, and add lemon juice
- 5. Stir-fry the onion and celery, return the carrots and broccoli to the wok, add salt and pepper powder as appropriate
- 6. Place the vegetables next to the salmon and serve



腸道健康 出入平安 - 高屢飲負負譜 Bowel changes in older adults - High fibre diet recipe 負譜1-4及圖片來源:賽馬會較活城市活力書年計劃 (2021)《健康書年健康資訊及負譜》 香港中文大學賽馬會老年學研究所 © 2021 Jockey Club CADENZA e-Tools for Elder Care. All Rights Reserved.

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3

繽紛滿活力沙律 (雞蛋吞拿魚水果沙津) Colourful and Energetic Salad (Egg, Tuna & Fruit Salad)







材料(4 人份量) ^{雞蛋 4 隻}

熟香蕉/大蕉 2 條
夏威夷果仁 10 粒
青/金奇異果 2 個 西芹 1 節
三色椒 各 1/2 個 南瓜 1/2 個
紅蘿蔔 1 條 水浸吞拿魚 1 罐 (約 180 克)
蕃茄 1 個 紅提子 10 粒
田園蔬菜 適量 去邊全麥麵包 2 片
沙律菜 一包 意大利黑醋

😭 做法

- 1. 將雞蛋烚熟去殼切片
- 2. 西芹切粒,紅蘿蔔切條,略為灼熟
- 3. 南瓜切粒蒸熟
- 洗淨蔬果·紅提子切半·熟香蕉、 奇異果和 蕃茄切片·三色椒、 麵包切塊
- 將沙拉菜放入大碗裡,鋪上其它 材料,最後加入黑醋即成



Ingredients (4 servings)

4 eggs 2 ripe bananas/plantains 10 Macadamia Nuts 2 green/gold kiwis Tricolour peppers 1/2 est 1 carrot 1 carrot 1 comato Garden vegetables 1 can of tuna in water (about 180 g) Salad a pack 1 can of tuna in water (about 180 g) Salad a pack 1 or ed grapes 1 section of celery 2 slices of whole wheat bread 1/2 pumpkin Balsamic vinegar



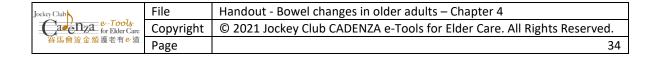
Method

1. Boil the eggs and slice them

- 2. Cut celery into cubes and slice carrots into strips, slightly cooked
- 3. Diced and steamed pumpkin
- 4. Wash fruits and vegetables, cut red raisins in half, slice ripe bananas, kiwis and tomatoes, cut tricolour peppers, and cut bread into pieces
- 5. Put the salad in a large bowl with all vegetables and fruits, add Balsamic vinegar and serve

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材料(2-3人份量) 難蛋2隻 梅頭瘦豬肉6.5両(約250克) 三色椒各1/2個 紅蘿蔔1/2條 醃料: 鹽1/3茶匙 胡椒粉適量 豆粉適量

💮 做法

- 猪肉切絲,用鹽、胡椒粉、 豆粉醃 10 分鐘
- 2. 三色椒和紅蘿蔔切絲備用
- 3. 雞蛋打均,用易潔鑊煎成蛋皮, 切絲備用
- 相易潔鑊先炒熟豬肉絲・加入
 三色椒和紅蘿蔔絲快炒・最後加入
 蛋絲炒勻即成



陽光活力三色椒 (彩椒炒肉絲)

Sunshine Tricolour Peppers (Fried Shredded Pork with Bell Pepper)

Ingredients (2-3 servings) 2 eggs

Lean pork 6.5 tael (about 250 g) Tricolour peppers 1/2 each 1/2 carrot Marinade: 1/3 teaspoon salt Pepper, to taste Soy flour, appropriate amount



Method

- 1. Shred pork, marinate with salt, pepper and soy flour for 10 minutes
- 2. Shred the tricolour pepper and carrot for later use
- Whisk the eggs evenly, fry them into egg wrapper in an easy-clean wok, shred and set aside
- Stir-fry the pork shreds in an easy-clean wok, add the tricolour pepper and carrot shreds for quick fry, and finally add the egg shreds and stir-fry well



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材料

(可選擇喜歡的水果) 奇異果,切粒 1/2 杯 藍莓或士多啤梨, 切粒 1/2 杯 芒果・切粒 1/2 杯 純蘋果汁·無添加糖1杯(250毫升) 大菜絲 10克 水 3杯 (750毫升) 1杯=250毫升



Ingredients

(Choose any fruits that you like) Kiwi, diced 1/2 cup Blueberry or strawberry, diced 1/2 cup Mango, diced 1/2 cup Pure apple juice, no added sugar 1 cup (250ml) 10g Shredded Agar 3 cups of water (750 ml) 1 cup = 250 ml



- 1. 大菜絲洗淨後用冷水浸軟備用,
- 2. 水果洗淨 · 切粒備用
- 3. 在鍋中煲滾3杯水,加入大菜絲 煮至溶
- 4. 大菜絲煮溶後關火, 讓溫度降低 些少,再加入蘋果汁
- 5. 將預先準備好的水果平均放入 模中,然後倒入已煮溶的大菜絲, 待涼可放入雪櫃冷藏或至凝固



Method

- 1. Wash the agar and soak it in cold water until soft, set aside
- 2. Wash the fruit, cut into pieces, and set aside
- 3. In a pot, boil 3 cups of water, add agar and cook until dissolved
- 4. After the agar is dissolved, turn off the heat, let it cool down a little bit, and then add apple juice
- 5. Put the prepared fruits into the mold evenly, then pour the dissolved agar, allow to cool, put it in the refrigerator.

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4.3 Gut microbiome

4.3 腸道微生物與腸道健康

Recently, many people start to discuss gut microbiome is good to gut health and prevent constipation. Is it true? How can we have enough gut microbiome?

最近,很多人開始討論腸道微生物為腸道帶來健康,能有效預防便秘。是真的嗎?我們 如何有足夠的腸道微生物?

Microorganism is everywhere, including bacteria, viruses and fungi. They can live inside or outside of our body. The gut microbiome refers to all the microorganism living in our gastrointestinal tract, and most are in our colon.

微生物無處不在,包括細菌、病毒和真菌。他們可以生活在我們體內或體外。腸道微生物是指生活在我們腸道中的所有微生物,而大部份都在大腸。

Our gut contains over trillions of microorganisms and maintaining a balanced gut microbiota is important for our gut health. Imbalance of the gut microbiota can impact on our health. In some studies, it had been shown that the composition of the gut microbiota in healthy non-constipated is different to constipated individuals, with more 'health-friendly' bacteria such as Lactobacillus and Bifidobacterium.

人體的腸道含有數萬億種微生物,維持腸道微生態平衡對我們的腸道健康非常重要。腸 道微生態失衡會影響我們的健康。有研究表示,健康及沒有便秘人士的腸道微生態與便 秘患者不同,前者的腸道內有較多乳酸桿菌和雙歧桿菌,這些都是對腸道健康有益的細 菌。

Everyone's gut microbiome is different. Many factors affect our microbiomes, including diet, age, lifestyle, use of medication (e.g. antibiotics) and environment. Older adults seem to have a decline in 'health-friendly' gut bacteria, which leads to imbalanced gut microbiota. 每個人的腸道微生態都不同。許多因素會影響腸道微生態,包括飲食、年齡、生活方式、藥物使用如抗生素和環境。通常,長者腸道內健康有益的細菌數量會減少,容易導致腸道微生態失衡。

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Since what we eat and drink passes through the gastrointestinal tract every day, it is no surprise that our diet affects our gut microbiome. Diet is a factor that we can control. Studies showed that consuming a healthier diet such as one with higher intake of fibre, vegetables and fruits, and with lower intake of sugar and red meat increases the diversity and abundance of 'healthfriendly' bacteria, while following a diet with low fibre, high in fat, sugar, red and processed meat reduces the diversity of the microbiota. Recent studies also showed that probiotics and prebiotics may improve the gut microbiota in helping us to achieve a diverse and balance gut microbiota.

由於我們的飲食每天都會經過胃腸道,飲食會影響腸道微生態也就不足為奇了。飲食是 我們可以控制的因素,研究表示,飲食健康的人士,即攝入較高的纖維、蔬菜和水果、 少糖份和紅肉,腸道有較多健康的微生物,但如果攝取低纖維、高脂肪及高糖的食物、 多紅肉或經過加工的肉類,就會減少腸道健康的微生物。最近的研究亦表示,益生菌和 益生元可以有助我們得到多樣化和平衡的腸道微生態,達到腸道健康。

Probiotics are live microorganisms that enhance or restore our gut health. They can be found naturally in some foods, added into food products and available as dietary supplements. It can be helpful in maintaining or restoring homeostasis in the intestines to improve human health and prevent many diseases. It creates a healthier gut environment by increasing the numbers of beneficial bacteria and decreasing the population of undesirable microorganisms. Probiotics also contribute to the production of short chain fatty acids which play a very important role in maintaining intestinal and immune homeostasis in the human body.

益生菌是一種活微生物,有助提升或復原腸道健康。我們可以從某些天然食品中、添加 食品中或膳食補充劑中得到益生菌。它有助於維持或恢復腸道內的微生態,從而改善人 體健康並預防多種疾病。這些益生菌可增加腸道健康的微生物並減少不良微生物的數量, 亦有助於產生對腸道健康至關重要的短鏈脂肪酸,對維持腸道免疫力非常重要。

Food sources of probiotics include some commercial yogurt and fermented milk products which contains probiotic microorganism of Lactobacillus and/or Bifidobacterium. Certain types of fermented foods include kimchi, miso, fermented cabbage, natto may also contain live probiotic microorganism. However, not all fermented foods are qualified to have probiotic activity. Some fermented food products may undergo further heat processing such as baking after fermentation and the live microbes maybe killed. Checking the food label or ingredient list on food package is useful to see if the product contains live microbes.

益生菌的食物來源包括一些乳酪和發酵乳產品,其中包含乳酸桿菌和/或雙歧桿菌的益 生微生物。某些發酵食品包括泡菜、味噌、酸菜、納豆也可能含有活性益生菌。但是, 並非所有發酵食品都具有活性益生菌。一些發酵食品可能會經過進一步的加熱處理,例 如發酵後的烘烤,有機會殺死活性益生菌。檢查食品包裝上的食品標籤或成分列表有助 於查看產品中是否含有活性益生菌。

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Although there is still not enough evidence to support the benefits of fermented foods for gastrointestinal health. However, these foods are usually made from nutrient-dense foods as starting material such as milk, legumes, vegetables. We can include these foods as part of a healthy diet but should be consume in moderation, as the sodium content of some of the fermented foods such as kimchi, miso is also high in sodium.

雖然,目前還沒有足夠的證據支持發酵食品對腸道健康帶來直接的益處。但是,這些食物通常是由營養豐富的食物製成的,例如牛奶,豆類,蔬菜等原料。我們可以將這些食物作為健康飲食的一部分,但應適量食用,因為某些發酵食品(如泡菜,味噌)的鈉含量也很高。

Prebiotics are food for our 'health-friendly' microbes that lives in our gut. Prebiotics are a dietary compound that pass undigested through the stomach and small intestine and as they move through to the large intestine our beneficial gut bacteria will use this compound to support their growth and activity, and thus, encourages a healthy balance of gut bacteria. They also help to increase faecal weight and reduce gut transit time. Prebiotics can be found naturally in wide range of foods. By simply following a high fibre diet, we can easily include food containing prebiotics in our diet. Foods that promote growth of beneficial bacteria in our gut include:

Types of food	Example		
Vegetables	Asparagus, corn, beetroot, onion, garlic, snow peas		
Fruits	Banana (green/unripe banana contains more prebiotics than yellow/ripe		
	banana), grapefruit, pomegranate, watermelon, white peaches		
Legumes	Baked beans, chickpeas, kidney beans, red beans, soybeans		
Cereals	Oats, wheat bread		
Nuts	Cashew nuts, pistachios		

至於益生元是生活在我們腸道中的有益微生物的食物。益生元是不會被消化,通過胃和 小腸,再進入大腸,促進我們腸道中有益微生物的生長及活動,並有助維持腸道微生態 的平衡。它們還有助於增加糞便重量並減少腸道運輸時間。益生元存在於多種天然食品 中。通過高纖維飲食,我們可以輕鬆地在飲食中添加含益生元的食物。這些促進腸道有 益細菌生長的食品包括:

食物種類	食物例子
蔬菜	蘆筍、粟米、紅菜頭、洋蔥、大蒜、荷蘭豆
水果	香蕉(綠色/未熟的香蕉比黃色/熟的香蕉含有較多的益生元)、西柚、
	紅石榴、西瓜、白桃
豆類	焗豆、鷹嘴豆、紅腰豆、紅豆、黃豆
穀物	燕麥、小麥麵包
堅果類	開心果、腰果

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Although there are many probiotics and prebiotic supplements, consuming probiotics/prebiotics from foods rather than supplement will allow us to get the other healthy nutrients in that food as well. Therefore, following a healthy balanced diet, eating from a wide variety of healthy foods to obtain wide range of nutrients will help to support a healthy microbiota.

雖然現在坊間有不少益生菌及益生元的補充劑,但通過食用食物中的益生菌/益生元,可同時獲取食物中的其他健康營養素。因此,健康均衡的飲食習慣,從多種健康食品 中獲取多種營養將有助於維持健康的腸道微生態。

Although the precise mechanism of intestinal microbiota on the regulation of gut sensory and motor functions is still partly unclear and requires further investigation, collectively, maintaining intestinal microbiota play an essential role in the bowel health. 雖然,腸道微生物與調節腸道功能的確切機制暫時仍未完全清楚,尚需進一步研究, 但總括而言,維持腸道微生態的平衡對腸道健康非常重要。

4.4 Regular exercise

第四章第四節:定期運動

4.4.1. Recommended exercises to prevent constipation by physiotherapist 第四章第四節:一、物理治療師教授運動預防便秘

Insufficient vision, low exercise endurance and chronic pain conditions are common in older adults, these make them adopt a sedentary life style. This may inhibit the bowel movement that leads to constipation. A lot of studies have shown that prolonged sitting or bed rest are major cause for constipation in older adults.

Exercise facilitates faster bowel movements; this decreases the amount of water from the stool being absorbed by the large intestine.

視力不佳、低運動耐力和慢性疼痛狀況在長者中很常見,這使他們缺乏運動。這可能 會抑制排便,導致便秘。許多研究表示,長時間坐著或臥床休息是長者便秘的主要原 因。運動有助於更快排便,減少糞便的水份被大腸吸收。

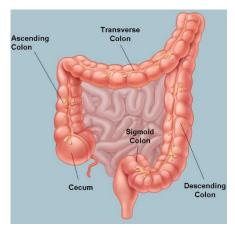
What Are the Good Exercises for Constipation?

Based on the human anatomy of the large intestines, the direction of descending colon and anus are facing downwards.

有甚麼運動可預防便秘?

根據人體的大腸解剖結構,降結腸和肛門的方向是朝向下的。

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http://img.webmd.com/dtmcms/live/webmd/consumer_assets/site_images/articles/image_ article_collections/anatomy_pages/colon.jpg

Therefore, simply sitting up from lying position or getting up from sitting position and moving, the gravity force can help pulling of stool down to anus.

In recent years, vibration therapy has been used by physicians and physiotherapists for treating or retarding the progress of osteoporosis in older adults. Apart from its use on osteoporosis, Study (Wu et al 2012) has shown whole-body vibration using the parameter of 2mm in amplitude at a frequency of 12Hz, significantly reduced the total constipation severity. Therefore, it has been proposed that older adult should have a regular walking plan – says 10 to 15 minutes 2-3 times per day, can help the body bowel movement. Of course, if exercise tolerance and physical ability allow, fasting walking and jogging are even better. 因此,簡單地從躺著至坐起或從坐著到站起來並移動,重力就可以幫助將糞便下拉至肛門。

近年來,醫生和物理治療師已使用振動療法來治療或延緩長者的骨質疏鬆症。除用於 骨質疏鬆症外,研究還顯示了使用振幅為 2mm 的參數以 12Hz 的頻率進行全身振動, 可大大降低便秘的嚴重程度。因此,建議長者應有規律的步行計劃-每天 2-3 次,每 次 10-15 分鐘,可以幫助排便。當然,如果運動耐力和身體能力許可,空腹散步和慢 跑甚至更好。

Simple standing with rhythmic alternate stepping exercise 簡單有節奏的站立交替踏腳運動

For those older adults with arthritis or difficulty for walking, a simple standing with rhythmic alternate stepping exercise for few minutes can improve bowel movement.

對於患有關節炎或難以行走的長者,進行幾分鐘有節奏的站立交替踏腳運動亦可改善排便。



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Abdominal Wall Muscle Training 腹部肌肉訓練

Some studies have shown that a 6-week intervention of abdominal muscle training in combination of breathing exercises could increase the frequency of bowel movements & defecation frequency than that of the medication group.

Abdominal exercises increase the pressure within the abdomen. This can be helpful to stimulate a bowel movement. In real practice, older adult can firstly sits upright and then gradually leans the trunk forward and at the same time contracts the abdominal muscles making the back curving backward. At this forward leaning (slump) position, the older adult should breathe in slowly and hold the breath for 3-5 seconds and at the same time pressing the tummy toward the anus and urging to pass stool.

一些研究表示,與藥物治療組相比,為期6週的腹部肌肉訓練結合呼吸運動可以增加 排便和排便的頻率。

腹部運動會增加腹部壓力,這可有助於刺激排便。在實際情況下,長者可以首先坐 直,然後逐漸向前傾斜身軀,同時收縮腹部肌肉,使背部彎曲。在這個向前傾斜(俯 臥)的位置,長者應該緩慢地呼吸,並屏住呼吸 3-5 秒鐘,同時將腹部向肛門按壓並 排便。



If the older adult's abdominal muscle is too weak, physiotherapist commonly recommend them to use electrical stimulator to strength up the abdominal muscles as shown in the following figure.

如果長者的腹部肌肉太弱,物理治療師通常建議他們使用電子脈衝機來增強腹部肌肉,如下圖所示。

https://www.amazon.co.uk/TRM-E-105-Myolito-TENS-Machine/dp/B00QIXQOCG





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Passive hip and knee flexion exercise 被動髖和膝屈曲運動

For older adult who are bed bound, apart from abdominal massage, passive hip and knee flexion exercise may help press the abdomen so increasing the abdominal pressure of older adult thus facilitating bowel opening. To perform this exercise, operator passively bends one of the legs and brings it towards the chest until the knee is touching the chest. Hold this position for 15 to 30 seconds and then release the leg and return to the starting position. Now repeat the same procedure with the opposite leg. Repeats the above passive limb exercise for 5 to 10 times

對於臥床的長者,除了腹部按摩外,被動的髖部和膝蓋屈伸運動有助於壓迫腹部,從 而增加長者的腹部壓力,有利於排便。為了執行此練習,操作員把患者右腿屈膝,移 向胸部,盡量把膝蓋貼近胸部。保持該姿勢15至30秒鐘,然後平放腿部到原來位 置。現在,為另一邊腿重複相同的步驟,重複上述被動肢體運動5到10次。



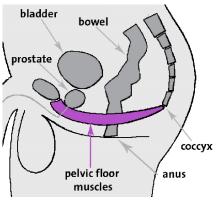
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Pelvic floor muscle training exercise 盆骨底肌肉訓練運動

Due to degeneration of neuromuscular system in aging, some older adults may have difficulty to co-ordinate pelvic floor muscles or anal sphincter muscles during defecation. As a result, they may feel incomplete evacuation. Pelvic floor muscles are located inside the pelvic girdle to support the bladder neck and urethra.

由於衰老過程中神經肌肉系統退化,一些長者在排便期間可能難以協調盆骨底肌肉或 肛門括約肌。結果,他們可能會感到排便不清。盆骨底肌肉位於盆骨帶內部,以支撐 膀胱頸和尿道。



https://images.squarespacecdn.com/content/v1/5c8f51c0d7819e683bdde175/1555124248396-AOS7U7B99A9DEXB7JYPA/ke17ZwdGBToddI8pDm48kAH1C_phgBjBybBU6o8ICoBZwzPPgdn4jUwVcJE1ZvWQUxwkmyExglNqGp0IvTJZamWLI2zvYWH8K3s_4yszcp2ryTl0HqTOaaUohrI8PItfP8Px9Z2cv9s8l2ddchROc2rI8YAI_HWXb7jE-HGr0KMshLAGzx4R3EDFOm1kBS/Male+anatomy+outline+1.jpg

Weakening in these muscle may also lead to urinary stress incontinence especially in some older ladies. Controlled study on pelvic floor exercises for stress incontinence demonstrated that about 85% of the women in the treatment group felt that their incontinence had improved.

尤其是在一些年長的女士中,這些肌肉的減弱也可能導致壓力性尿失禁。一項針對壓力 性尿失禁的盆骨底運動的對照研究表示,治療組中約有85%的女性認為其尿失禁有所改 善。

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Older adults can do the following training to strengthen the muscles in the front of the pelvic cavity, which can not only improve or prevent stress urinary incontinence, but also train the muscles related to defecation. Sit comfortably and squeeze the muscles at the same time hold the voiding 10 to 15 times. For post part of pelvic floor, squeeze the muscles at the same time doing the bowel emptying activity 10 to 15 times. Do not hold your breath or tighten your stomach, bottom or thigh muscles at the same time. When you get used to doing pelvic floor exercises, you can try holding each squeeze for a few seconds.

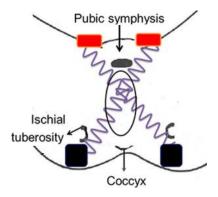
長者可以做以下動作,加強盆骨腔底前部內的肌肉,不僅可以改善或預防壓力性尿失 禁,還能訓練與排便相關的肌肉。首先舒適地坐著,並嘗試收縮大腿股骨內的肌肉及向 上提升盆骨底肌肉,就像做忍尿時的動作,做10至15次。我們亦可以訓練盆骨底的後 半部分肌肉,收緊並向內收起肛門周圍的肌肉3-5秒,就像切斷大便的感覺,做10到15 次左右。請勿屏住呼吸或收緊胃部、臀部或大腿肌肉。當習慣進行盆骨底運動時,可以 嘗試每次維持幾秒鐘。

4.4.2. Pelvic Floor Muscle Stimulation

第四章第四節:二、盆骨底肌肉刺激方法

In daily practice, using dry cell driven electrical stimulator to stimulate pelvic floor muscle cam improve the strength and endurance. The electrical pads placement is as shown in the following picture.

在日常實踐中,使用乾電池驅動的電子脈衝機刺激盆骨底肌肉可提高強度和耐力。電 極貼的位置如下圖所示。



https://mybios.me/electrical-stimulation-for-floor-muscles/

When the electrical stimulator is turned on, electric current would be delivered to the pelvic floor muscle via the electrical pads. When the current intensity is strong enough, the pelvic floor muscles will contract. During current is coming, the subject should voluntarily contract the urethra sphincter muscles and the anal sphincter muscle simultaneously. The former muscle will help to hold the urine from leaking out and the latter will help the bowel empting action respectively.

當電子脈衝機開啟時,電流將通過電極貼傳遞到盆骨底肌肉。當電流強度夠強時,盆 骨底肌肉就會收縮。當電流來到時,受試者會自願性地收縮尿道括約肌和肛門括約 肌。前者的肌肉將幫助阻止尿液滲流,而後者將幫助排便。

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4.5 Chinese medicine 4.5 中醫

4.5.1 Constipation – perspectives from Chinese medicine 4.5.1 以中醫理論淺淡便秘

Constipation is a disease of spleen and stomach within the scope of internal medicine of traditional Chinese medicine (TCM). It generally means a decrease of defecation frequency, a difficulty in defecation, straining or a prolongation of defecation time. In terms of modern medicine, constipation is generally classified into organic or functional type. An organic constipation is mainly caused by a substantial disease in organs such as digestive tract disease and endocrine system disease; if the above definite cause is not confirmed for constipation, a functional constipation may be considered.

便秘屬中醫內科學脾胃病的範疇,一般指排便次數減少、大便排出困難、感到費力或 排便時間長。從現代醫學角度來說,便秘一般被分為器質性或功能性,前者病因主要 歸因於身體器官實質性病變,如消化道、內分泌系統疾病等引起;如果便秘沒有上述 等明確病因,就可能患上現代醫學中提及的功能性便秘。

As early as the Warring States Period, constipation was recognized in TCM; its cause was considered as related to coldness of spleen and stomach or heat in intestine. In the late Eastern Han Dynasty, constipation was understood more comprehensively by Zhang Zhongjing (a famous TCM doctor); it was classified into a syndrome of cold, heat, deficiency and excess. Based on such classification, TCM prescription was created for constipation effect); Maziren Pills (Yin nourishing and moistened catharsis); and Houpu Sanwu Decoction (Qi-flow regulation and catharsis). Subsequent TCM masters were deeply enlightened by his prospective advocacy. His prescriptions for constipation treatment have been popular until now; they are still common prescriptions for clinical treatment of constipation. 早在戰國時代,傳統中醫已經認識便秘並認為其成因與脾胃受寒或腸中有熱有關。東 漢末年,著名中醫張仲景對便秘便有著更全面的認識,提出便秘有寒、熱、虛、實之分,並按此分別創立了苦寒瀉下的承氣湯、養陰潤下的麻子仁丸和理氣通下的厚朴三物湯。他具前瞻性的提倡,對後世中醫學家有著深遠的啟蒙,這些藥方一直流傳至今天,仍是臨床治療便秘的常用藥方之一。

For ordinary people, it is normal to defecate once or twice a day. When defecation is made once every not less than 3 days or when defecation frequency is normal but the stool is hard to cause a difficult or incomplete defecation, constipation can be considered.

以一般人來說,每天排便一至兩次則屬正常。如個別人士3日或以上才排便一次,又 或者排便次數正常,但是糞便質堅硬,排出困難或有排便不盡的感覺,都算患上便 秘。

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As shown by a foreign statistical investigation, 70% of older adults of >65 years old were vexed at difficult defecation. Compared with young people, older adults are more prone to suffer from constipation, mainly due to a decrease in bowel movement caused by the degeneration of neuromuscular system or other chronic diseases such as diabetes or diseases of nervous system. In addition, due to the degeneration of nervous system in rectum, the activity of anal sphincter and the sensitivity of receptors in rectal wall, an obstructive constipation is caused at rectal outlet. Under general conditions, the severity of constipation will tend to increase with age. In many older adults, due to the retained stool, some discomforts occur such as abdominal distension, abdominal pain and poor appetite, which greatly reduce the quality of their life. Meanwhile, the difficult defecation is closely related to colorectal cancer; thus the risk for colorectal cancer is increased in older adults with constipation. In addition, at a forced defecation, abdominal pressure is increased to change the blood flow in coronary artery and cerebral blood vessel, which have an opportunity to induce serious outcome such as cardiovascular/cerebrovascular accident. Therefore, the constipation in older adults should undoubtedly be closely concerned and solved.

有外地統計調查發現 65 歲以上的長者中有七成人有排便困難的憂患。長者比年青人更 容易患上便秘,主要是神經肌肉系統退化或其他長期病患如糖尿病或神經系統病變所 致,導致腸管蠕動減少。此外,直腸神經退化會影響肛門括約肌的活動和直腸腸壁的 感測器的靈敏度,導致直腸出口梗阻型便秘。在一般的情況下,便秘的情況會隨著年 齡增長而越趨嚴重。其中不少長者更會因宿便而有腹脹、腹痛及胃口不佳等情況,大 大降低他們的生活質素。同時,排便困難與大腸癌息息相關,故此有便秘的長者罹患 大腸癌的機會亦會提高。此外,過度用力排便會引致腹壓升高,令冠狀動脈和腦血管 的內流改變,有機會引發心腦血管意外等嚴重後果。因此長者的便秘問題,無疑是社 會需密切關注和解決的事項。

4.5.2 Etiology and pathogenesis of TCM for constipation with recommendations on tea and soup

4.5.2 淺解便秘在中醫學的病因病機及湯水介紹

In terms of TCM, young people suffer from constipation mainly due to intemperate diet. If a fried, roasted, greasy or pungent food is taken frequently, heat will be accumulated in stomach and intestine; intestinal heat will burn out the moisture in intestinal wall, making the stool dry hard and then induce constipation. Older adults suffer from constipation, mainly due to an advanced age or a body depletion after falling ill, which causes Qi deficiency or blood shortage to induce some symptoms such as tachypnea or anemia. From the theory of TCM, when blood deficiency occurs, intestinal tract cannot be supplied with sufficient nutrients and thus reduces the activity ability of large intestine; When Qi deficiency occurs, impetus becomes weak, so that large intestine lacks the force to impel food residue through intestine and the force for defecation is also greatly reduced. On the other hand, at a

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Yin deficiency, constipation can also be caused. As older adults should first know, Yin deficiency means a deficiency of fluid (moisture) in somatic cell to make the intestine not water moistening but become dry and over-absorb the moisture from digested food to make the stool dry hard and difficult for defecation. As another cause of constipation in older adults, Yang deficiency means that Yang Qi of kidney declines in older people, which makes intestinal tract lose a warmth and easily produce a cold and also slows down the metabolism to prolong the defecation time. In addition, older adults are more anxious or over-deliberated to impair spleen and stomach, so that the nutrients absorbed by gastrointestinal tract from food cannot be effectively transported by spleen to large intestine, which influences the activity ability of large intestine. Moreover, at a frequent sitting but less walking, the breath becomes shallow to attenuate the force of Qi flow, which is prone to cause a stagnation of liver Qi and then abate the volume of Qi flow in whole body, so as to influence the stool impetus of large intestine and thus cause a constipation. The affected site of constipation is large intestine; and the constipation is closely related to spleen, stomach, liver and kidney.

從中醫角度,年青人患上便秘的主因是飲食不節制。倘若經常吃煎炸、燒烤、肥膩或 辛辣的食物,會導致胃腸積熱,而腸熱則會燃燒腸璧內消化物的水分,令大便乾固而 誘發便秘情況。至於長者患上便秘則是因為年老或病後損耗身體,使身體氣虛或血少 而出現類似氣促或貧血等。從中醫理論看,血不足時,腸道不能得到充足的養分而使 大腸活動能力減低;氣虛則推動無力,使大腸無氣力推動腸內的食物殘渣,亦大大減 低排便的氣力。另一方面,陰虛或不足亦可以引起便秘,長者先要明白,陰虛是指身 體細胞的津液(水分)不足,此時腸道失去水分滋潤,變得乾燥,會過度吸去消化食物的 水分而使其乾結而難排下。另一原因引致長者便秘是陽虛症候,意思是指身年長腎藏 的陽氣漸衰弱,使腸道失於溫暖而容易生寒,新陳代謝減慢而導致排便時間延長。此 外,長者憂心或思想過度,則會損傷脾胃,會使脾臟不能有效運輸由胃腸從食物所吸 收之養分給大腸,影響大腸的活動能力。另外,經常坐而少行走,呼吸表淺會減弱生 體氣的流動力而容易導致肝氣鬱滯,繼而令身體整體氣的流通量減弱,影響大腸推動 糞便的氣力,均可造成便秘。而便秘的病位在大腸,與脾胃肝腎有密切關係。

TCM treatment of constipation is based on syndrome differentiation

In clinical practice of TCM, the condition of constipation is diagnosed by differentiating a syndrome of deficiency, excess, cold and heat. The constipation in young people is mainly a syndrome of excess and heat; the constipation in older adults is mainly a stagnation of liver Qi and a syndrome of deficiency. Its relevant clinical symptoms are shown as follows: 便秘在中醫學的辨證論治

在臨床方面,中醫可以透過分辨患者體內的虛實寒熱,從而診斷其便秘的情況。年青 人便秘多以實熱證為主;相返,長者便秘則多以肝氣鬱滯及虛證為主。其相關臨床症 狀如下:

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Constipation with stagnation of liver Qi

If older adults are in low spirits for a long time or at a frequent sitting but less walking, the breath becomes shallow to attenuate the Qi flow in body, which is prone to cause a stagnation of liver Qi. The following symptoms occur: vexation, dry mouth and cold limbs. **Tea:** Aromatic tea of dispersing stagnated liver Qi and regulating Qi flow can be drunk. For example: 6~9 g rose or 6~9 g osmanthus is added into 250 mL boiled water. If older adults are worried that scented tea is too cold and cool, Shuangren tea of Semen Cassiae and Fructus Cannabis is suggested. Fructus Cannabis is of mild nature, and Semen Cassiae can clear liver-fire. Since they both contain fatty oil, their combined use can make a dryness moistening and bowel relaxing. This tea is very suitable for older adults.

Soup: Sechium Edule, red radish, pork or beef tendon are stewed. Sechium Edule and red radish are both a food of high fiber. When the residue is taken together with soup, bowel movement can be better promoted.

肝氣鬱滯型便秘

一些長者若果長期悶悶不樂又或好坐少動,呼吸表淺會減弱生體氣的流動通而容易導 致肝氣鬱滯。患者會感覺到心煩、口乾、四肢未端冷凍等症狀。

建議他們可以飲用一些芳香疏肝理氣的茶水,如用玫瑰或桂花各6至9克,再加入250 毫升沸水泡茶飲用。若長者擔心花茶過於寒涼,則建議飲用雙仁茶。雙仁包括決明子 仁和火麻仁,火麻仁性味平和而決明子則有清肝之效。由於兩者含有脂肪油成份,故 合用能潤燥滑腸,很適合長者服用。

在湯水方面,建議他們在湯品中加入佛手瓜、紅蘿蔔、豬肉或牛蹄筋。佛手瓜和紅蘿 蔔皆是高纖食物,飲用湯水時伴湯渣進食,有助促進腸道蠕動。

Constipation with syndrome of Qi deficiency

The symptoms generally include: pale complexion in ordinary time, defecation intention but with a forced or weak defecation, and occurrence of shortness of breath or sweating after the forced defecation. Principles of TCM treatment: Qi invigoration, Qi-flow regulation and catharsis.

Tea: Tea of qi invigoration is recommended. For example: 6~9 g Radix Pseudostellariae is added into 250 mL boiled water. When the temperature of tea becomes suitable for drinking, 0.5~1 teaspoon of honey is added, which should be cautiously used by people with diabetes. Soup: 30 g Radix Astragali, 30 g Radix Codonopsis, pig trotter or beef trotter are stewed. Radix Astragali is an essential TCM medicine for Qi invigoration; Radix Codonopsis can invigorate Qi and promote fluid production, so that a force is gained for defecation. 氣虛型便秘

一般症狀是平素面色較白,雖有便意但排便費力或乏力,費力排便後或會出現氣喘或 出汗。治療上應以補氣理氣通下為原則。

建議飲用一些補氣茶水如使用 6-9 克太子參加入 250 毫升沸水泡茶,當茶溫合適飲用 時加入半至一茶匙蜜糖飲用,但患有糖尿病者需慎用。

湯水可用北芪、黨參各30克煲豬展或牛展飲用。北芪在中醫藥中是補氣要藥,而黨參

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則可以補氣生津,使患者有氣力排出大便。

Constipation with syndrome of blood deficiency

The symptoms generally include: poor sleep, amnesia, lusterless complexion, light-colored lip, dry hard stool difficult for defecation, and occurrence of palpitation and dizziness after the defecation. Principles of TCM treatment: primarily blood nourishing and moistened catharsis; secondarily a small amount of medicinal material of qi invigoration and Qi activation.

Tea: 4~6 pieces of Diospyros Lotus Linn or Ziziphus Jujuba Mill and 6~9 g Radix Pseudostellariae are added into 250 mL boiled water. For the people with diabetes, Ziziphus Jujuba Mill can be replaced with Radix Rehmanniae Preparata.

Soup: 15 g Arillus Longan, 30 g Radix Angelicae Sinensis, 30 g Radix Astragali, pork, blackbone chicken or scapula are stewed. Radix Angelicae Sinensis is a common TCM medicine for blood replenishing; it can also make a bowel relaxing and intestine moistening. As said in the basic theory of TCM, Qi is the commander of blood; and blood is the mother of Qi. In other word, in order to generate blood, the activity of Qi is required to produce an energy and dynamics. When Qi in body is vigorous, blood can become sufficient. Therefore, in order to treat the constipation with syndrome of blood deficiency, the medicine for Qi invigoration should also be added to make blood get Qi and then become vigorous. Radix Astragali can invigorate Qi and promote blood production; it is an indispensable medicine in the decoction of blood replenishing.

血虛型便秘

患上血虛型便秘的患者一般症狀包括:睡眠不佳、健忘、面色無光澤、唇色較淡,大 便較乾結難下,便後可有心悸頭暈症狀等。中醫在治療中應以養血潤下為主,同時佐 以少量補氣行氣的藥材。

建議患者使用 4 至 6 顆黑棗或紅棗, 6-9 克太子參, 並加入 250 毫升沸水泡茶, 患有糖 尿病者可選用熟地代替紅棗。

湯水方面可用桂圓肉(即龍眼肉)15 克、當歸、黃芪各 30 克配以豬、烏雞或西施骨煲湯 飲用。當歸是中醫常用之補血藥,且有潤腸通便的功效。中醫基礎理論有雲:氣為血 之帥,血為氣之母。其指血的生成過程需要依靠氣的活動而產生能量和動力。所以身 體氣旺盛,血液才充足。所以在治療血虛病患時,必須同時注意補氣,使血得氣才旺 盛。而黃芪則有補氣生血的作用,是補血湯不可或缺的藥材。

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Constipation with syndrome of Yin deficiency

In fact, Yin deficiency means a deficiency of body fluid (i.e. moisture). The symptoms are often a dry hard stool like a twig and difficult for defecation; they may include: vexation, tidal fever, dry mouth or soreness and weakness of waist and knee. Due to the moisture deficiency inside body, anal orifice is lacerated at the forced defecation to cause a bloody stool. Principles for TCM treatment: kidney nourishing, Yin benefiting and moistened catharsis.

Tea: 6~9 g Radix Rehmaniae Recens, 6~9 g Radix Scrophulariae and 6~9 g Radix Ophiopogonis are added into boiled water. These three medicinal materials are sourced from Zengye Decoction, an ancient prescription of TCM. In ancient books of TCM, the constipation with syndrome of Yin deficiency is described as if a boat cannot sail without water, i.e. the moisture in body is so deficient as to not moisten large intestine, which causes a dry stool difficult for defecation. Radix Scrophulariae can make a toxin removal and dryness moistening; Radix Rehmaniae Recens and Radix Ophiopogonis can make a nourish Yin and promote fluid production. Through their combined use, large intestine is moistened to make an easy defecation and thus increase water for "boat sailing".

Soup: 30 g Radix Adenophorae, 30 g Rhizoma Polygonati Odorati, 30 g Tremella Fuciformis Berk and black-bone chicken are stewed. Radix Adenophorae and Rhizoma Polygonati Odorati can nourish kidney. At arid climate in the autumn, moisture in body is prone to become deficient, which causes a deficiency of body fluid. Therefore, the constipation can be more effectively prevented through this tea. In addition, Tremella Fuciformis Berk is rich in fiber which can facilitate the bowel movement.

陰虛型便秘

陰虛其實是指身體津液(即水份)不足。症狀多為大便乾結難下,成幼條狀。患者亦可能 會感到心煩、潮熱、口乾或腰膝酸軟。而在費力排便時更會因體內水份不足,使肛門 口撕裂而引發大便出血症狀。這時候,中醫在治療上應以滋腎益陰潤下為原則。 建議使用生地、玄參和麥冬各6至9克泡茶飲用。這三味藥材是來自中醫古方「增液 湯』。中醫古籍用「舟無水不行」來形容陰虛型便秘,意指身體水份不足,不能滋潤大 腸,導致大便乾燥難下。而增液湯中的玄參能解毒潤燥,生地和麥冬皆能養陰生津, 三藥合用能滋潤大腸,容易排出大便,而達至「增水行舟」的作用。 湯水方面,建議使用沙參、玉竹和雪耳各30克作為配料煲烏雞湯,因為沙參玉竹能夠 滋養腎水。在秋天乾燥季節,身體容易出現水分不足而導致身體津液虧虛。故此多喝 此湯能更有效預防便秘。此外,雪耳有豐富的纖維,多吃亦有助通便。

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Constipation with syndrome of Yang deficiency

The symptoms generally include: not dry stool (or wet soft stool) but difficult for defecation, cold in extremity of limbs and more frequent urination; they may include: numbness and insensitivity of knee/leg. As generally thought by TCM, with the gradual increase of age, kidney Yang declines progressively; with an invasion of external cold pathogen. Yang Qi is impaired to make large intestine lose warmth and thus cause a weak transmission. Principles for TCM treatment: Yang warming and catharsis.

Tea: For older adults, the tea of Rhizoma Zingiberis and Ziziphus Jujuba Mill can be drunk in the winter. They are both of warm hot nature which can make a spleen warming and cold dispelling. However, the following aspect should be noted: due to the hot nature of zingiber, capillary in epidermis is dilated to make people feel warm. But in fact, the medicine of warm nature such as zingiber can dissipate the heat in body; thus the tea of zingiber should be drunk by older adults upon wearing more clothes for heat preservation.

Diet: For older adults, steamed egg with Allium Tuberosum Rottl is recommended. Allium Tuberosum Rottl is of pungent flavor and warm nature which can nourish kidney Yang. Soup: 30 g Radix Morindae Officinalis, 30 g Cortex Eucommiae, pigeon or mutton are stewed. Radix Morindae Officinalis and Cortex Eucommiae are common TCM medicine for tonifying kidney Yang; they can make a kidney warming, Yang strengthening and bowel relaxing. 陽虛型便秘

一般的症狀為大便不乾或程現濕軟狀態,但卻排出困難。尤其在寒冷的天氣,患者的 四肢比較冰冷,小便亦較頻密,也可能有膝腿麻木不仁症狀。中醫一般認為隨著年齡 漸長,腎陽漸衰,再加上外寒之邪入侵,傷及陽氣,導致大腸因失於溫煦而傳導無 力。治療方面,中醫會以溫陽通下為原則。

建議長者可在冬天時用乾薑及紅棗泡茶飲用,畢竟乾薑紅棗性味溫熱,能溫中散寒。 但在服用此藥方時有一點須注意:因薑熱會導致表皮微細血管擴張而使人感溫暖。但 實際上,溫性藥物如薑會使身體熱量耗損,所以長者飲用姜茶時謹記多穿衣服保暖。 在食物方面,建議長者可食用韭菜蒸蛋,因為韭菜味辛、性溫,可滋補腎陽。 湯水方面則可用巴戟、杜仲各 30 克煲鴿子或羊肉飲用。巴戟、杜仲為常用補腎陽的中 藥,有助溫腎壯陽通便的功效。

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4.5.3 Relief of constipation through acupoint pressing

4.5.3 穴位按壓排便法

Besides TCM decoction, acupuncture and moxibustion can be used for constipation treatment. For older adults, acupoint pressing can be attempted. Constipation can be relieved by pressing relevant acupoints or help your relatives/friends press such acupoints. The most common acupoints for TCM treatment of constipation include: Zhongwan, Tianshu, Daheng and Qihai. The position of these acupoints is shown as follows:

便秘除了用中藥湯水治療外,還可以使用針灸治療。長者亦可嘗試穴位按壓的方法, 讓大家可以自行或幫助身邊的親友舒緩便秘的情況。中醫最常用來治療便秘的穴位包 括中院、天樞、大橫穴和氣海穴。這些穴位的位置如下:

Zhongwan acupoint (RN 12)

Position: In upper abdomen in midmost line at about 4 inches (i.e. about a palm or a width of 4 fingers) above navel. 中脘穴 (RN 12)

位置:肚臍中線對上約4寸(約手掌或4指寬度)的上腹位置

Tianshu acupoint (ST 25) Position: At 2 inches at left and right of navel respectively.

天樞穴 (ST 25)

位置:肚臍左右各2寸位置

Daheng acupoint (SP 15)

Position: At 4 inches at left and right of navel respectively. 大橫穴 (SP 15) 位置:肚臍左右各 4 寸位置

Qihai acupoint (RN 6) Position: In lower abdomen in midmost line at about 1.5 inches (i.e. about a width of 2 fingers) below navel. 氣海穴 (RN 6) 位置:肚臍中線對下約1寸半(約2指寬度)的下腹位置

From the angle of TCM, the following effect can be achieved by pressing these four acupoints: Qi-flow regulation, spleen strengthening, bowel relaxing and stagnation resolving. According to the human anatomic position of large intestine, the position of ascending colon, transverse colon, descending colon and rectum can be stimulated when these acupoints are pressed, so as to facilitate the defecation.

從中醫角度,按壓這四個穴位有著理氣健脾、通腸消滯的功效。根據人體解剖學大腸的位置,按壓這些穴位可刺激升結腸、橫結腸、降結腸和直腸的位置而有利排便。

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Operation procedures:

Older adult is kept at a supine or sitting position; use thumb or index finger plus middle finger to press the acupoint in clockwise: right Tianshu \rightarrow right Daheng \rightarrow Zhongwan \rightarrow left Daheng \rightarrow left Tianshu \rightarrow Qihai; press 1 minute for each acupoint; repeat 3 times. This procedure can be repeated 3 times a day, i.e. in the morning, at noon and at night respectively.

穴位按壓排便法的操作如下:

長者可以選擇仰臥或坐立,用拇指或食指加中指直角向下順時針按壓:從右天樞→右 大橫→中脘→左大橫→左天樞→氣海穴,每個穴位按壓1分鐘,重複按壓3次。以上 步驟每天重覆3次,例如早、午、晚。

4.5.4 Precautions

4.5.4 注意事項

1. Properly replenish the water

About 1500 mL water is drunk at a fixed time point of every day. For example: At the getup of every day, one cup of warm boiled water is drunk; then an appropriate amount of water is drunk every 2 hours. Through such water replenishing, the necessary moisture can be effectively absorbed by somatic cell so as to prevent the occurrence of constipation.

1. 適量地補充水分

每日飲水量約1500毫升,但要記住定時飲用,如每日起床時飲一杯溫開水,之後每隔 2小時飲用適量水分。這樣做有利身體細胞有效地吸收所需水分,預防便秘。

2. Take more vegetables and foods of high fiber

Older adults are suggested to take more vegetables of fiber, such as celery, mustard and cabbage. However, with an insufficient or loose tooth, older adults are more difficult to make a chewing. Therefore, a soup made from high-fiber vegetables is suggested for older adults, such as borscht soup and long-stewed watercress soup. The vegetables cooked to soft state are taken together with soup. Some fruits such as banana or papaya can be taken by older adults to facilitate the defecation. For the people with diabetes, the ground powder of walnut meat, apricot kernel, edestan and sesame can be added to make a pasty diet.

2. 多食蔬菜及高纖維食物

建議長者多食高纖蔬菜如西芹、芥菜和椰菜等,但由於長者牙齒數量不足或鬆脫,咀 嚼比較困難。建議長者可以煲高纖蔬菜湯例如羅宋湯、老火西洋菜湯等,進食時煮軟 的蔬菜一起進食。水果方面,食用香蕉或木瓜都可幫助長者排便。糖尿病患者則可配 以核桃仁、杏仁、麻仁、芝麻等研成糊狀進食。

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3. Properly avoid a certain food

A fried, roasted, greasy or spicy food should be avoided as far as possible, so as to reduce the heat accumulation in gastrointestinal tract.

適當介口
 儘量避免經常吃煎炸、燒烤、肥膩或辛辣的食物,減少腸胃積熱。

4. Keep an ease mind, and take appropriate exercise

- 4. 保持心情舒暢,進行適量的運動。
- 5. Without prior suggestion of doctor, do not misuse laxatives or folk prescriptions.
- 5. 未得到醫生或醫師建議,不宜濫用瀉藥或坊間流傳偏方。
- 6. For older adults with hypertension, avoid a forced defecation so as to prevent the occurrence of cardiovascular/cerebrovascular accident.
- 6. 患有高血壓病的長者,避免如廁時過度用力排便,以防引發心腦血管意外。
- 7. If the problem of constipation in older adults is not yet solved despite diet therapy, massage or exercise, please turn to medical care personnel.

7. 如長者用了食療、按摩或運動方法後便秘問題仍未得到解決,就要主動找醫護人員 跟進。

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4.6 Manual abdominal massage

4.6 手動腹部按摩

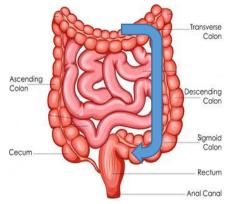
Abdominal Massage for Chair Bound & Bed Bound Older adult

Older adult who suffers from stroke, spinal cord injuries, muscle atrophy or other medical conditions commonly have difficulty with bowel movements. Constipation may happen especially for those who are confined to chair or bed. For this group of older adults, abdominal massage operated by other or older adult themselves may help relieve constipation.

適合長期坐及臥床長者的腹部按摩

患有中風、脊髓損傷、肌肉萎縮或其他疾病的長者通常都有排便困難的問題。尤其是 對於那些活動能力僅限於椅子或床上的人,可能會引致便秘。對於這些長者,由其他 人或長者自己進行的腹部按摩可以有助於緩解便秘。

According to human anatomy, the large intestine tract is running in clockwise direction. Older adult with constipation can follow the clockwise direction to massage their abdomen. 根據人體解剖學,大腸以順時針方向運行。患有便秘的長者可以按照順時針方向按摩腹部。



https://www.healthhype.com/wp-content/uploads/colon-1.jpg

Massage the abdomen firstly can provide biofeedback to our autonomic system and this might stimulate the autonomic bowel movement. There was a study examined the effects of abdominal massage on constipation following surgery. The result showed that subjects who received abdominal massage demonstrating the following benefits when compared to the control group namely:

- more bowel movements
- reduced symptoms of constipation
- less time between bowel movements

按摩腹部首先可以為我們的自主系統提供生物反饋,這可能會刺激自主腸道運動。一 項研究,研究了腹部按摩對手術後便秘的影響。結果表示,與對照組相比,接受腹部 按摩的受試者表現出以下益處:

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- 更多排便
- 减少便秘症狀
- 排便相隔時間減少

Secondly, when applying massage to the abdomen, the pressing force can increase the intraabdominal pressure which then pressing on the intestines. As a result, the stool would be pushed to move towards the anus.

其次,當對腹部進行按摩時,按壓力會增加腹內壓力,然後再壓在腸上。結果,大便 將被推向肛門。

The operation of massage is as the followings:

Place one hand or both hands overlapped on the abdomen, start from the right lower quadrant of abdomen and using the palm(s) to press and guiding in clockwise direction. The intensity of massage is from light to heavy and then from heavy to light. During massage, the one who receive massage should keep his or her breathing smoothly and steadily. 按摩的步驟如下:

將一隻手或兩隻手放在腹部上,從腹部的右下象限開始,從腹部的右下部份開始,然 後使用手掌按順時針方向按壓 1-2 吋。按摩的強度從輕到重,然後從重到輕。按摩期 間,接受按摩的人應保持其平穩及順暢的呼吸。

If the receiver can manage breathing control in reciprocal to the rhythm of massage, the effect would be better. The method is:

The operator places the hand on the receiver's right lower abdomen, receiver takes a deep breath, try to lower the diaphragm, tighten the abdominal muscles and hold the breath for a 3-5 seconds or until it can be tolerated and then breathe out slowly. Abdominal massage time is about 5 minutes in each interval and older adults can repeat for 3 times say in the morning, afternoon and evening. In addition, self-massage of abdomen should be conducted by old people themselves during toileting.

如果患者可以根據按摩的節奏控制呼吸,效果會更好。方法是:

家人或照顧者將手放在患者的右下腹上,患者深吸一口氣,嘗試降低橫隔膜,收緊腹 肌並屏住呼吸 3-5 秒鐘,或直至不能忍住呼吸,然後慢慢呼出。

每次腹部按摩時間約為5分鐘,每天3次,可以在早上、下午和晚上進行。另外,上 廁所時,長者亦可自己進行腹部按摩。

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4.7 Bowel habit

4.7 排便習慣

Develop Good Bowel Habits

- Drinking one cup of water in the morning when you wake up
- Breakfast is the most important meal involved in bowel stimulation. Make sure you eat breakfast every day.
- Get your bowels into a regular habit of going in the morning after breakfast.
 - It is the best time because a stimulation of bowel motion occurs with eating, which helps produce a bowel movement. Make sure that you are not rushed and have convenient access to a bathroom at this time.
- When you have the urge to open your bowels, don't resist it, go as soon as you can.
- Make sure your toilet is warm, comfortable and with privacy.

建立良好的排便習慣

- 早上起床時喝一杯水
- 早餐是刺激腸道蠕動最重要的一餐,因此每天都要吃早餐。
- 養成早餐後定時排便的習慣。這是最佳時機,因為身體會隨著進食而刺激腸道蠕動。確保您有充足時間,並且此時可以方便地使用洗手間。
- 當您有便意時,請不要忍著,應盡快上廁所。
- 確保您的洗手間溫暖,舒適且有私隱。

Correct sitting posture of bowel open

The correct sitting posture and using the correct method to initiate a bowel motion is very important in addressing constipation and incomplete bowel evacuation. Straining should be avoided as this can weaken the pelvic floor muscles.

The best position:

- sit on toilet properly
- keep your back straight, lean forward.
- rest your forearms on your knees
- have knees higher than hips by lifting heels or using a footstool keep your legs apart
- This squat position helps to straighten the anorectal angle which makes defecation easier.

正確的排便姿勢

正確的排便姿勢和使用正確的方法對舒緩便秘及排便不清非常重要。應避免過分用力,因為這會削弱盆骨底肌肉。

最好的排便姿勢:

- 正確坐在馬桶上
- 保持背部挺直,向前傾
- 將前臂放在膝蓋上
- 通過抬高腳跟或使用腳凳令膝蓋比臀部高

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• 此蹲坐的姿態使腸道與肛門角度拉直,更易排便。

4.8 Pharmacological intervention for constipation

4.8 便秘之藥物治療

4.8.1 Common laxatives for constipation

4.8.1 常用於治療便秘的通便劑

Referring to our case study, Ms. Lau has her bowel open after taking the laxatives prescribed by the doctor. However, she was constipated again when stopped the laxatives. Her daughter, Jane, was worried and was afraid long-term use of laxatives will cause her bowels to become dependent. Is it the truth? Let's learn about different types of laxatives and gives some tips to her!

跟據我們的案例研究,劉女士服用了醫生開的瀉藥後就有排便了。然而,當她停止瀉 藥時,她再次便秘。她的女兒阿珍(Jane)擔心並害怕長期服用瀉藥會導致腸道變得 依賴。這是真的嗎?讓我們了解不同類型的瀉藥,並給她一些貼士吧!

Pharmacological intervention

藥物治療

- Non-pharmacological Vs Pharmacological intervention
 - 1. Firstly consider: Education and lifestyle modification
 - 2. Laxatives are commonly used to treat constipation if symptoms persist
 - 非藥物與藥物治療

1.首先考慮:教育和生活方式的改變

2.如果症狀持續,通常會處方通便藥(瀉藥)治療便秘

- In general, laxatives can be classified into four main categories:
 - 1. Bulk-forming laxatives
 - 2. Osmotic laxatives
 - 3. Stimulant laxatives
 - 4. Stool softeners

They can be single use or in combination according to physician prescription.

- 一般而言,通便藥可分為四大類:
 - 1.膨脹性通便藥
 - 2.滲透性通便藥
 - 3.刺激性通便藥

4.大便軟化劑

它們可以是單獨使用,也可以根據醫生的處方合拼使用。

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Bulk-forming laxatives

Types:

• Methylcellulose, wheat bran, ispaghula, psyllium (Metamucil) and sterculia

膨脹性通便藥

類型:

• 甲基纖維素、麥麩、伊斯帕古拉、歐車前子(橙粉)、樂瑪可顆粒劑

Action:

- Pulling fluid into the intestines to make the stool softer and bulkier. Promote bowel movement.
- Appropriate for patients with small and hard stools
- Take a few days to work
- Safe for long-term use

作用:

- 將液體吸入腸道內以使糞便更軟和更膨脹,促進腸蠕動。
- 適用於糞便小而硬的患者。
- 需要數天才有效。
- 可以長期使用。

Side effects:

- Bloating and flatulence
- Abdominal distension
- Gastro-intestinal obstruction or impaction
- Hypersensitivity

副作用:

- 腸胃脹氣
- 腹脹
- 腸胃道阻塞或嵌塞
- 過敏症

Forms:

• Powder, granules, liquid, tablet, packet

形式:

• 粉末、顆粒、口服液、片劑、小包

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Cautions:

- Should be taken with plenty of water or other liquid. This helps to avoid faecal impaction.
- Should not be taken immediately before going to bed
- Use with cautions in elderly, or debilitated patients, or those with intestinal narrowing or decreased motility
- Avoid use in patients with difficulty in swallowing, intestinal obstruction and faecal impaction

注意事項:

- 服用時應同時飲用大量的水份或其他液體,這有助於避免糞便嵌塞。
- 不應在臨睡覺前服用。
- 用於年老或虛弱的患者,或腸道狹窄或運動力減退的患者中要謹慎使用。
- 避免用於吞嚥困難,腸阻塞和糞便嵌塞的患者。

Osmotic laxatives

Types:

• Macrogols, electrolyte-free polyethylene glycol (PEG), saline laxatives such as magnesium hydroxide, lactulose and sorbitol

滲透性通便藥

類型:

• 聚乙二醇、無電解質的聚乙二醇(PEG)、鹽水瀉藥,例如氫氧化鎂、乳果糖 和山梨糖醇

Action:

- Draw fluid into the bowel, and facilitate peristalsis with bulky and softer stools.
- The oral forms may work 1-2 days. The suppositories and enemas may work faster.

作用:

- 產生高滲透效果,將水份及電解質吸入腸內,使糞便體積加大和軟化,並促 腸道蠕動。
- 口服形式可能需要 1-2 天才見效。栓劑和灌腸劑可能更快見效。

Side effects:

- Bloating and flatulence
- Abdominal pain
- Nausea and vomiting

副作用:

- 腹脹及腸胃脹氣
- 腹痛
- 噁心和嘔吐

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Form:

• Oral liquid, enema, suppository

形式:

• 口服液、灌腸劑、栓劑

Cautions:

- Drink plenty of water to avoid becoming dehydrated.
- Avoid use in people with intestinal obstruction.
- Avoid use of lactulose in patients with galactosaemia
- Avoid use of saline laxatives in patients with renal, heart failure and hepatic impairment
- Avoid use of macrogols in patients with severe inflammatory conditions of the intestinal tract such as Crohn's disease and ulcerative colitis

注意事項:

- 多喝水份以免脫水。
- 避免給糞便嵌塞患者使用。
- 避免半乳糖血症患者使用乳果糖。
- 避免在患有腎病、心臟衰竭和肝功能不全的患者中使用鹽水瀉藥。
- 避免在患有嚴重克羅恩病和潰瘍性結腸炎等腸道嚴重炎症的患者中使用聚乙 二醇。

Stimulant laxatives

Types: Bisacodyl (Dulcolax), senna (Senokot), glycerol suppositories and sodium picosulfate 刺激性通便藥

類型:

• 比沙可啶(樂可舒)、草本通便丸(番瀉葉)亦稱「草餅」、甘油亦稱甘油條 和匹可硫酸鈉

Action:

- Speed up the peristalsis by stimulating the bowel mucosa or nerves.
- Typically, oral stimulant laxatives work within 6 to 10 hours. Advised to use at night and have a bowel movement in the next morning.
- Glycerol suppositories are normally used when a bowel movement is needed quickly, with onset of action of about 15 to 30 minutes.

作用:

- 通過刺激腸道黏膜或神經,使腸道蠕動增加。
- 口服刺激性瀉藥通常於 6 到 10 個小時內起作用。建議於晚上使用,於第二天 早上排便。

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• 當需要快速排便時,通常使用甘油栓劑,見效時間約為15至30分鐘。

Form:

• Oral liquid, tablet, enema, suppository

形式:

• 口服液、片劑、灌腸劑、栓劑

Side effects

- More likely than other laxatives to cause stomach cramping
- Nausea and vomiting
- Diarrhea
- Shouldn't use as a long-term treatment as it will cause drug tolerance
- Local irritation if suppository preparation is used

副作用:

- 它比起其他瀉藥更容易引起胃痙攣。
- 噁心和嘔吐。
- 腹瀉。
- 不應該用作長期治療,因會引起藥物耐受性。
- 如果使用栓劑,會引起局部刺激。

Caution

• Avoid use in patients with intestinal obstruction, acute inflammatory bowel disease and severe dehydration.

注意事項:

• 避免用於腸阻塞、急性炎症性腸病和嚴重脫水的患者。

Stool softeners

Types:

Docusate

大便軟化劑

類型:

• 多庫酯,也稱通利妥

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Action:

- Cause more water and fat to be absorbed into the stool, and make them softer and easier to pass out of the body
- Recommended to patients with haemorrhoids or anal fissures, or for those who is vulnerable in stool straining, such as the older people or those with existing cardiovascular disease.
- Typically, stool softeners take 1 to 3 days to take effect.

作用:

- 引致較多的水份和脂肪吸收到糞便中,並使它們更柔軟,更容易排出體外。
- 建議處方予患有痔瘡或肛裂的患者,或不能用力排便的脆弱人士,例如長者 或患有心血管疾病的患者。
- 通常,大便軟化劑需要 1-3 天才能生效。

Side effects:

- Abdominal cramp
- Nausea
- Skin rash
- Diarrhea
- Have few side effects and are safe for long-term use

副作用:

- 腹部絞痛
- 噁心
- 皮疹
- 腹瀉
- 副作用較少,可長期安全使用

Form:

• Oral liquid, tablet, enema, suppository

形式:

• □服液,片劑,灌腸劑,栓劑

Caution:

• Avoid use in patients with intestinal obstruction.

注意事項:

• 避免在腸梗阻患者中使用。

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Tips on taking Laxatives

- 1. Laxatives should only be taken occasionally and on a short-term basis.
- 2. Overusing laxatives can cause dehydration and electrolyte imbalance.
- 3. Long term use of laxatives can lead to dependency and decreased bowel function.
- 4. Consult your doctor if short-term use of laxatives with no effect.
- 5. Non-pharmacological intervention should be considered before using laxatives to

prevent and manage constipation.

6. Healthy bowel habits with a regular toileting schedule is recommended. Do not ignore your natural response to go to toilet.

服用瀉藥的提示

1. 瀉藥應僅在間中和短期內服用。

- 2.過量使用瀉藥會導致脫水和電解質失衡。
- 3.長期使用瀉藥會導致藥物依賴性和腸道功能下降。
- 4.如果短期使用瀉藥無效,請諮詢醫生。
- 5.在使用瀉藥預防和管理便秘之前,應考慮非藥物治療方法。
- 6.建議定期排便,保持健康的排便習慣。不要忽視您需要上廁所的自然反應。

Storage of Laxatives

- Should kept in a cool and dry place.
- Unless specified on the label, medicines should not be stored in refrigerators.
- Should be kept properly in places unreachable by children to prevent accidental ingestion.

瀉藥的儲存

- •應保存在陰涼乾燥處。
- •除非標籤上另有規定,否則請勿將藥品存放在冰箱中。
- 應妥善保存在兒童無法觸及的地方,以防止意外攝入。

4.8.2 Newer pharmacological therapies

4.8.2 較新的藥理療法

Newer pharmacological therapies

- Prosecretory agents and Prokinetic agents
- Prosecretory agents is the only registered for use in Hong Kong
- Used as second-line pharmacological management

較新的藥理療法

- 促分泌劑和胃腸蠕動促進劑。
- 促分泌劑是唯一在香港註冊可用的藥物。
- 用作二線藥理管理。

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Type:

- Prosecretory agents: Linzess[®](Linaclotide)
- 類型:
 - 促分泌劑: 令澤舒® (利那洛肽)

Action:

• Promote gut motility and increase intestinal secretion.

作用:

• 增加腸道分泌,促進腸蠕動。

Side effect:

- Diarrhea
- Stomach pain
- Bloating and flatulence

副作用:

- 腹瀉
- 周痛
- 腹脹及腸胃脹氣

Form:

• Tablet

形式:

片劑

Caution:

• Monitor renal function for patients who are at risk of dehydration and renal dysfunction.

注意:

• 監測有脫水和腎功能不全風險的患者的腎功能。

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4.8.3 How to use an anal suppository?

4.8.3 如何使用肛門栓劑?

How to use an anal suppository?

- 1. Wash your hands.
- 2. Put on disposable gloves if needed.
- 3. Remove the suppository from the wrapping.
- 4. Most people find it helps to insert the suppository if it is moistened with a little tap water first.
- 5. Patient in lateral position and bend the upper leg towards to the chest, lower leg bend slightly.
- 6. Using a finger, gently push the suppository into your rectum about 3cm depth.
- 7. Remain still for 10 minutes to help hold the suppository in place.
- 8. It will start to work in about 15-30 minutes.
- 9. Remove your gloves.
- 10. Wash your hands.

如何使用肛門栓劑?

- 1. 先清潔雙手。
- 2. 必要時戴上一次性手套。
- 3. 從包裝中取出栓劑。
- 4. 大多數人覺得,如果先用少量水弄濕栓劑,則有助於插入栓劑。
- 5. 患者側臥,將上面之大腿向胸部方向屈曲,而下面之大腿側輕微彎曲。
- 6. 用手指將栓劑輕輕推入您的直腸約 3cm 的深度。
- 7. 靜置 10 分鐘以幫助將栓劑固定到位。
- 8. 將在大約 15-30 分鐘左右開始起作用。
- 9. 除去手套。
- 10. 清潔雙手。



http://www.hkena.org/%E8%82%9B%E9%96%80%E8%97%A5%E5%A1%9E%EF%BC%8C%E7 %9B%B4%E8%85%B8%E6%A0%93%E5%8A%91rectalsuppository%E7%B5%A6%E8%97%A5%E6%B3%95/

-End of Chapter 4-

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