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## Fecal Incontinence

More than 5.5 million Americans suffer from fecal incontinence, with the majority being women and older adults. This loss of control can be devastating. It can have a major impact on social and work related aspects of life. People who suffer from fecal incontinence may feel ashamed, embarrassed, or humiliated.

Fecal incontinence is the inability to control your bowels. When you feel the urge to have a bowel movement, you may not be able to hold it until you get to a restroom. Or, stool may leak unexpectedly, sometimes while passing gas.

### Causes of Fecal Incontinence include:

- **Nonspecific conditions**, such as episodes of diarrhea, fecal impaction, and irritable bowel syndrome
- **Anatomical disorders**, such as protruding hemorrhoids, rectal prolapse, and rectal fistula
- **Injury**, such as prior hemorrhoidectomy, traumatic vaginal delivery and accidental trauma
- **Rectal disease**, such as colitis, infectious disease, and rectal or anal cancer
- **Neurological disease**, such as multiple sclerosis, stroke, diabetes, and nerve tumors

Fortunately, effective treatments are available for fecal incontinence and can improve or restore bowel control. The type of treatment depends on the cause and severity of fecal incontinence; it may include dietary changes, medication, bowel training, or surgery.

Because fecal incontinence can cause distress in the form of embarrassment, fear, and loneliness, taking steps to deal with it is important. Treatment can improve your life and help you feel better about yourself. Talk to your doctor about it and discuss your options today.

For more information, please visit our website at [www.gunntowbincenter.com](http://www.gunntowbincenter.com) or contact our office at (714) 447-4800 to schedule your consultation.