

Fiber-Stat™

Real People, Real Results...

Fiber-Stat™ Found to Promote Regularity and Reduce Laxative Use in Long-Term Care Residents

An observational study of bowel movement regularity among long-term care residents showed that Fiber-Stat, a liquid fiber supplement, improved residents' regularity, thereby reducing the need for laxatives by 32%.

STUDY SIGNIFICANCE

Constipation is the most common digestive disorder in the US, resulting in approximately 2.5 million doctor visits and over \$400 million in cost for laxatives. An estimated 75% of elderly institutionalized patients and nursing home residents are given laxatives as a primary treatment for chronic constipation. Data show that frequent use of laxatives is costly, detrimental to resident comfort and can lead to habituation. This study is the first to demonstrate that the use of a low-volume, soluble fiber supplement with FOS results in increased bowel regularity and a significant reduction in the use of laxatives in long-term care residents.

(Study Abstract appears on other side.)

THE CHALLENGE OF CONSTIPATION

Constipation is caused by such factors as a lower fiber diet, dehydration or reduced liquid intake, lack of exercise, laxative abuse, changes in routine, medications and specific diseases. Despite the fact that a regular diet provides enough fiber, the condition must often be treated by a variety of laxatives, including stimulants, bulking agents, powdered fibers and mechanical enemas.

Laxatives can be habit-forming. The colon can begin to rely on laxatives to bring on bowel movements. Over time, laxatives can damage nerve cells in the colon and interfere with the colon's natural ability to contract. People who habitually take laxatives become dependent upon them and may require increasing dosages until, finally, the intestine becomes insensitive and fails to work properly.

Chronic use of laxatives in elderly persons has been associated with numerous complications, including diarrhea, fecal soiling, hypoalbuminemia, and high serum levels of magnesium and phosphorus.¹ In one study of long-term care residents, 50% of nursing home residents were found to be regular laxative users, taking more than 30 doses in a one-month period; 17% took between one and 30 doses per month; and 33% took no laxatives.²

References

1. Nutrition Research Newsletter
2. Human Resource and Dietetics

Medical Nutrition USA™

Positive Clinical Outcomes Through Evidence-Based Research

Call 1-800-221-0308 for sampling and information on Pro-Stat®

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An Observational Study Assessing the Benefits of Fiber-Stat™ Treatment On Bowel Movement Regularity and the Need for Laxatives

STUDY ABSTRACT

OBJECTIVE:

Assess the therapeutic benefits of Fiber-Stat treatment on bowel movement regularity and the use of laxatives in long-term care residents.

MATERIALS AND METHODS:

A total of 39 residents of a long-term care facility in Brooklyn, New York were enrolled in the study. All residents received 30 ml of Fiber-Stat (P.O. or via GT) twice daily for 20 days. Records on residents' daily bowel movements and their use of laxatives were maintained and analyzed.

RESULTS:

There were a total of 62 standing laxatives ordered by the 39 residents during the observation period. At the onset of the study, prior to taking Fiber-Stat, there were a total of:

- 54 standing laxative orders (87%)
- 8 PRN (as needed) laxative orders (13%).

Suggested changes in orders following Fiber-Stat therapy included:

- 39 standing laxative orders (63%)
- 11 PRN laxative orders (18%)
- 10 discontinuation of laxatives (16%)
- 2 reduction of laxative dosage (3%).

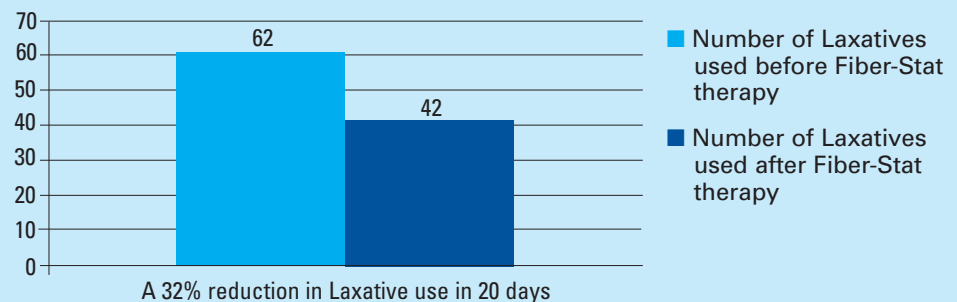
There was an overall 32% reduction in laxative orders (from 62 to 42) following Fiber-Stat therapy.

CONCLUSIONS

The study reached the following conclusions:

- Fiber-Stat helps regulate the bowel movements of long-term care residents
- Fiber-Stat reduces the dependence on laxatives among this population.

Figure. A Brooklyn, NY Care Center Suggested Change in Laxative Use Following a 20-day Fiber-Stat Therapy



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