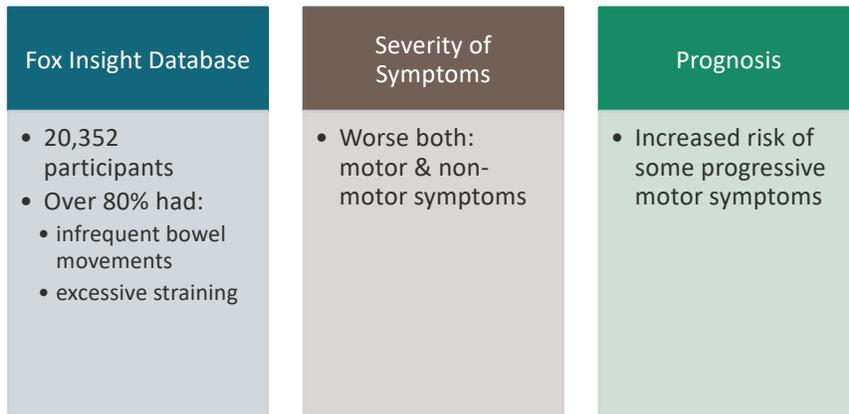


**MOVING THINGS ALONG:
CONSTIPATION IN
PARKINSON'S—TIPS, TOOLS, AND
RESEARCH UPDATES**

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Constipation's Significance



Bharucha et al. Movement Disorder Clinical Practice, 2025

Background: Small studies suggest that constipation is a common symptom associated with a worse prognosis in patients with Parkinson's disease (PD).

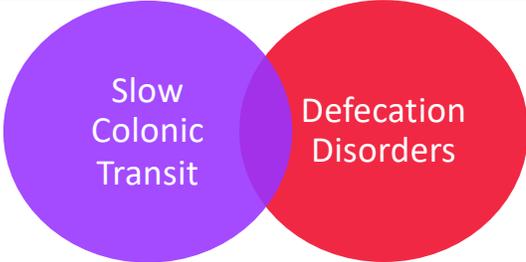
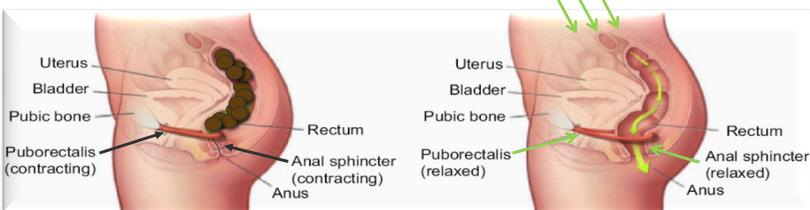
Objectives: The aim was to compare the association between constipation, motor, and other non-motor symptoms (NMS) in PD patients at baseline and in future.

Methods: Using the Fox Insight database, we compared baseline characteristics, risk of progressive motor symptoms, and incidence of NMS between PD patients with versus without constipation.

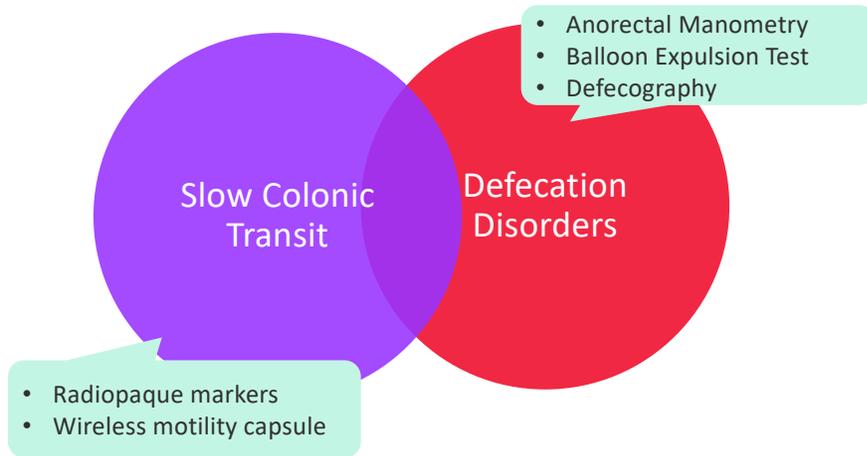
Results: Of 20,352 participants, 16,611 (82%) reported infrequent bowel movements and/or excessive straining, 15,594 (77%) had incomplete evacuation, and 14,165 (70%) reported both symptoms. Patients with constipation were generally older, white, women, had PD >5 years, and had higher NMS and comorbidity scores ($P < 0.001$). Constipation was significantly associated with worse motor symptoms and most NMS, especially fecal incontinence (odds ratio [OR] = 1.65; 95% confidence interval [CI], 1.49-1.82), dysphagia (OR = 1.20; 95% CI = 1.12-1.29), talking/moving during sleep (OR = 1.39; 95% CI = 1.30-1.48), and urinary urgency (OR = 1.23; 95% CI = 1.16-1.32). Constipation was associated with a small, but statistically significant increased risk of some progressive motor symptoms. At a mean median follow-up of 2.8 years, constipation was associated with an increased risk of incident gastrointestinal, autonomic, neuropsychiatric, sleep-related, sensory NMS, such as dysphagia (hazard ratio [HR] = 1.43; 95% CI = 1.35-1.51), fecal incontinence (HR = 1.87; 95% CI = 1.74-2.01), falls (HR = 1.44; 95% CI = 1.35-1.52), hallucinations (HR = 1.65; 95% CI = 1.52-1.79), cognitive impairment (HR = 1.38; 95% CI = 1.30-1.47), and talking/moving during sleep (HR = 1.65; 95% CI = 1.55-1.75).

Conclusions: Constipation is a common symptom associated with severity of motor and other NMS and portends a worse prognosis in persons with PD.

Subtypes of Constipation



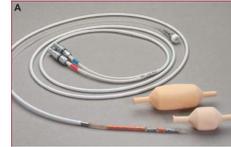
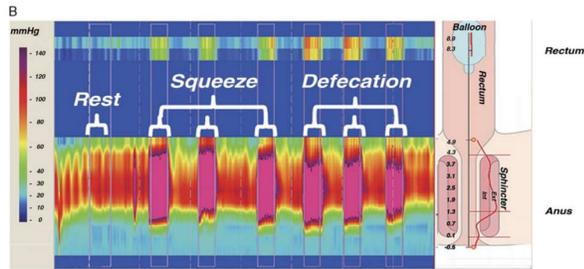
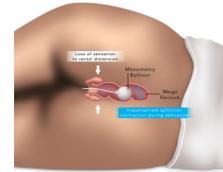
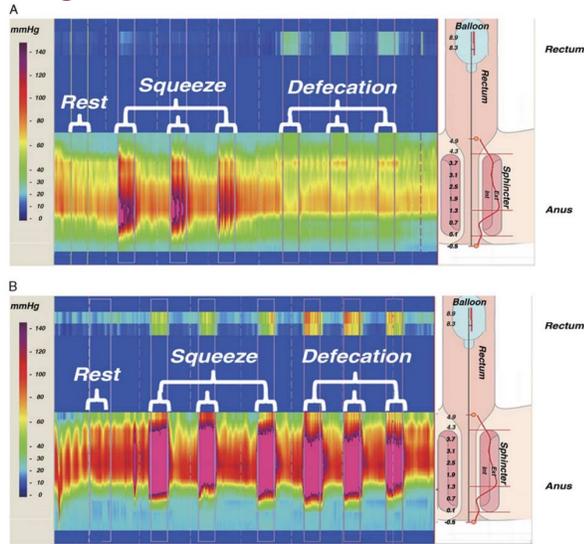
Differentiating Subtypes of Constipation



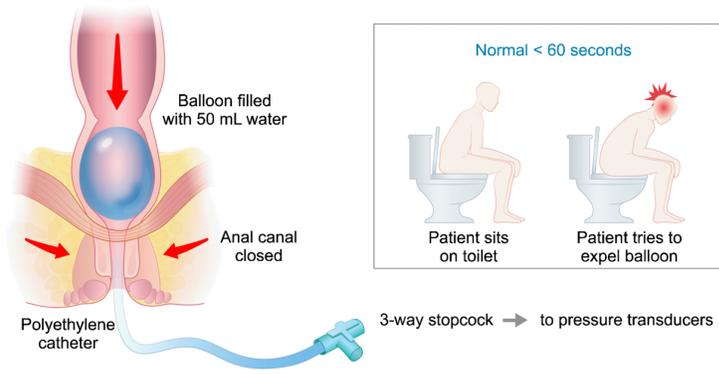
Motility Capsules



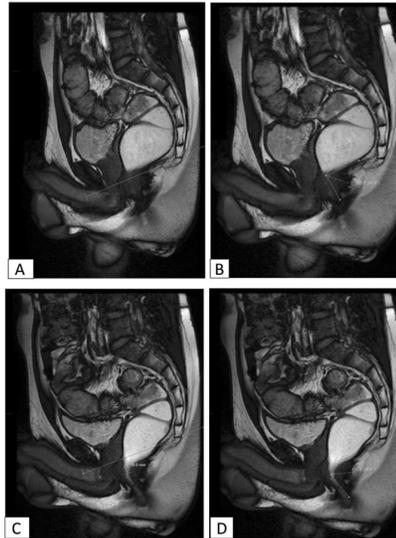
High Resolution Anorectal Manometry



Balloon Expulsion Testings

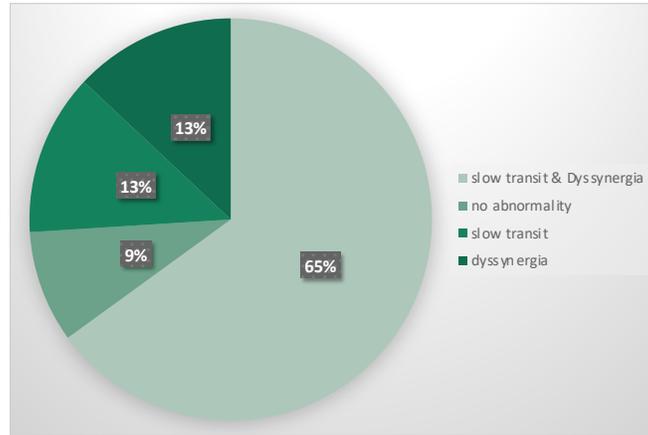


Defecography



Examples of defaecographies and findings during rest and straining in three patients with Parkinson's disease. Subject 1 (a, b) had normal anorectal angle (ARA) widening, from 98° at rest to 132° during straining, and normal pelvic floor descent (5.5 cm). Subject 2 (c, d) presented with no ARA change and persistent posterior anorectal identification of the impression of puborectalis sling during straining, indicating puborectalis syndrome. No pelvic floor descent indicated pubococcygeus syndrome. Subject 3 (e, f) showed a slight ARA change, from 87 to 90° , and pelvic floor descent for 15 mm, compatible with pelvic floor dyssynergia (PFD). A, ARA. The arrow indicates the anorectal junction.

Constipation in PD



De Giorgio et al. Neurogastroenterol Motil. 2017 May

Management

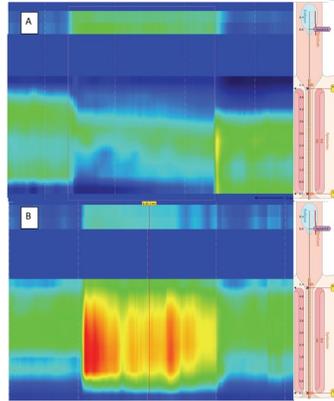
Medical Management

- Fiber
- Laxatives
- Prosecretory Agents
- Prokinetics
- Suppositories & Enemas

Pelvic Floor Retraining



Stanford Data



Over 60% of patients had defecation disorder

Men had significantly more paradoxical contraction

Nearly half of patients had low squeeze pressures

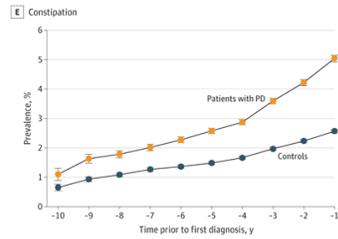
Low squeeze was significantly more common in women compared to men

Rectal hyposensitivity was seen in nearly one third

Zhou et al., 2023

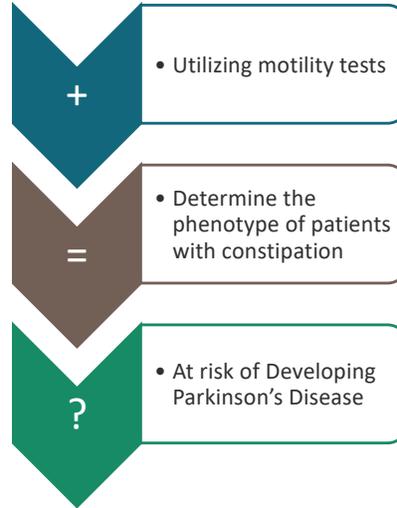


Future Direction



Prevalence of constipation is Strongly Associated With Parkinson Disease by Year Before Diagnosis Compared With Controls

JAMA Neurology, 2022



THANK YOU!

Q&A