

# Fiber, Prebiotics, and Probiotics:

## *Assisting in the Challenge of Bowel Management in the Elderly*



# Course Objectives:

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- Constipation
  - Definition
  - Causes
- Treatment Options for Constipation
  - Lifestyle changes
  - Laxatives
  - Fiber
  - Prebiotics
  - Probiotics
- Antibiotic Associated Diarrhea – *C. diff*
- Treatment Options for *C. diff*
- Important factors to consider when selecting treatments