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**INTERNATIONAL SURVEY DEMONSTRATES HOW SEVERITY OF CONSTIPATION
CAN SUBSTANTIALLY IMPACT ON PATIENTS' QUALITY OF LIFE**

Berlin. Wednesday 16 October, 2013 - An international market research survey¹, funded by Norgine, and presented today at the [United European Gastroenterology Week](#) Congress in Berlin shows that constipation is a common condition, which still has a major impact on patients' lives. All patients participating in the survey were required to have taken either prescribed or over-the-counter laxatives in the previous year. Ninety-eight per cent of these patients said that living with chronic constipation negatively affected their quality of life.¹

The survey of 766 patients drawn from nine European countries, Australia and South Africa also demonstrates how constipation impacts on their ability to lead a normal life, for example:¹

- Almost one-third of sufferers feel their concentration at work is affected by their condition,
- More than half feel their diet is affected,
- Almost one-third feel their social life is affected as a result of the condition,
- Over one-third experienced disturbed sleep because of their constipation.

Contrary to popular perceptions, constipation is not a mild or transient illness according to those participating in the survey. Almost one-fifth of constipation sufferers reported that they live with severe constipation (with faecal impaction) and just over one-third suffer moderate but persistent constipation.¹ More than three-quarters of those surveyed had experienced constipation for over six months and 41 per cent had lived with constipation for over five years.¹

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Over half of those surveyed felt “irritated” by their constipation, with others describing themselves as “embarrassed”, “stressed” and “concerned” as a result of living with the illness.¹

Responses suggest that patients wanted laxative treatments that worked well and quickly, with limited side-effects.¹ While patients are using a variety of commonly-available laxative treatments to try to manage their constipation, it is not always clear why one treatment option is chosen over another. For example, around two-thirds of those patients taking PEG+electrolytes reported that they only took the medicine when they had symptoms and 60% took one sachet or less per day.¹ One-third of patients surveyed had been taking their current laxative treatment for more than one year.¹ The most common reason for choosing to switch treatments was a perceived lack of, or reduction in, efficacy, followed by doctors’ recommendations and side-effects.¹

“These data clearly show that constipation is a common gastrointestinal disorder which is often chronic, can last for extended periods of time and has a substantial impact on patients’ quality of life,” commented **Dr Pauline Jouët** of Hôpital Louis Mourier, France and co-presenter of the UEGW abstract. “Doctors have an important role in advising sufferers how to manage this condition and laxative choice as it is clear from these results that there is still a considerable need for proactive medical support for these patients.”

Survey Background

Constipation is a common gastrointestinal disorder which is often chronic and associated with an impaired quality of life (QoL).² Laxatives are a treatment of choice after failure of lifestyle and dietary changes.³ However different laxatives can be used and factors affecting the choice of laxative are poorly studied.⁴ The objective of this survey was to assess the characteristics of the patients’ constipation, impact on QoL and factors associated with laxative choice. In December 2011, a market research survey was conducted by Norgine Limited in nine European countries, Australia and South Africa. Participants over the age of 18 years who had been using laxatives (medicinal or natural product) in the last year answered 30 questions, describing the characteristics of the constipation, impact on quality of life and factors affecting their choice of laxatives.¹ 766 respondents were surveyed (women 73%, 52% in the 25–44 years age group).¹ The data are the subject of a poster presentation (UEG13-ABS-2033) at UEG Week 2013, Berlin.

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About Norgine

Norgine is a successful, independent European specialty pharmaceutical company that has been established for over 100 years and has a presence in all major European markets. In 2012, Norgine's net product sales were c€250 million and the company employs over 1,000 people.

Norgine's focus is the development and marketing of pharmaceutical products that address significant unmet clinical needs in therapeutic areas such as gastroenterology, hepatology, critical and supportive care.

Norgine owns a manufacturing and development site in Hengoed, UK and a manufacturing site in Dreux, France. For more information: www.norgine.com.

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