

Electrical stimulation helps treat constipation in clinical trial

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Electrical stimulation benefited women with constipation in a recent clinical trial published in *Alimentary Pharmacology & Therapeutics*.

In the trial, 33 women with constipation that had not improved with [standard treatment](#) received either real or sham [electrical stimulation](#) on the stomach and back for 1 hour each day for 6 weeks. The women did not know whether they were receiving the real or the sham treatment. Treatment was successful in 53% of the [women](#) in the first group but only 12% in the second. Furthermore, the improvement in symptoms lasted for at least 3 months after the treatment ended, and there were no reported side effects.

"This treatment is very promising and offers patients a well-tolerated alternative to laxative medications," said lead author Judith S. Moore, Ph.D., RN, of Monash University in Australia.

More information: Judith S. Moore et al, Randomised clinical trial: transabdominal interferential electrical stimulation vs sham stimulation in women with functional constipation, *Alimentary Pharmacology & Therapeutics* (2020). [DOI: 10.1111/apt.15642](https://doi.org/10.1111/apt.15642)

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