Summary: What happened to the patient?

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Neurogastroenterology & Motility | Surgery | Primary Care | Small Intestine & Nutrition

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A case presentation demonstrated sustained improvement in a patient with dyssynergic defecation and severe abnormal toileting behavior following anorectal biofeedback therapy, with benefits maintained at 15-year follow-up.

KEY POINTS

- The speaker presented a 47-year-old male with 20 years of constipation symptoms including paradoxical anal contraction on manometry, inability to expel a rectal balloon, and markedly prolonged toileting time requiring an invented squat position.
- Anorectal biofeedback therapy including education, toileting position retraining with footstool, manometry-based biofeedback, and balloon expulsion training normalized the patient's defecatory physiology according to the speaker.
- The speaker reported clinical outcomes showing toileting time reduced from many hours to 1-2 hours daily, quality-of-life impact decreased from 9 to 1 on a visual analogue scale, and the patient was able to use a normal toilet and travel for the first time in years.
- At 15-year follow-up the speaker stated improvements were sustained, with toileting time remaining at one hour per day.
- The speaker emphasized that hallmark symptoms of defecatory disorders include incomplete emptying, straining, digitation, and abnormal toileting behavior, and recommended looking for dyssynergic defecation in constipation patients because behavioral therapy is effective.

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