

# BRIDGING THE GAP: DIFFERENCES IN CHRONIC CONSTIPATION MANAGEMENT BETWEEN ASIA AND THE WEST - INSIGHTS FROM THE BALI ROUNDTABLE

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UEG Week Berlin 2025

Poster

Colorectal

October 5, 2025

**The Bali Chronic Constipation Roundtable, a November 2024 multinational expert panel from 12 Asian countries, identified significant regional differences in chronic constipation epidemiology, symptom profiles, and management compared to Western practices.**

## KEY POINTS

- Chronic constipation prevalence in Asia ranged from 3.5% in Indonesia to 40% in Taiwan, with elderly (81.0%), women (45.2%), and children (23.8%) disproportionately affected.
- Asian patients predominantly report sensation of incomplete evacuation (72.1-96.5%) as their primary symptom, whereas Western patients more commonly report hard stools (81.7-100%).
- Colonic transit time is significantly shorter in Asia (15.8-24.5 hours) than in Western countries (30.0-40.0 hours), and fiber intake is lower in Asia (9.7g/day versus 16.0g/day in the USA).
- All respondents identified gaps in availability of diagnostic tools and pharmacotherapy in Asia, with main barriers being lack of specialized centres (76.2%), cost (61.9%), and patient adherence (66.7%).
- Osmotic laxatives are the most common initial therapy (86.7%), while newer agents such as IBAT inhibitors remain limited by cost (76.2%) and availability (38.1%); experts concluded that regionally adapted diagnostic criteria and treatment pathways are urgently needed.

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