# The Art and Science of Going: A Conversation on Constipation

written by Dr. Ronald Hoffman | January 8, 2025

Understanding Constipation: Carmen Fong, MD, FACS, author of “CONSTIPATION NATION: What to Know When You Can’t Go,” discusses the pressing issue of constipation. The conversation delves into the definition and causes of constipation, the importance of diet, hydration, and regular bowel habits, and misconceptions around the condition. Dr. Fong shares insights on natural remedies, modern treatments, and factors contributing to early-onset colorectal cancer. The episode also covers hemorrhoid treatments and new medical advances in constipation management.