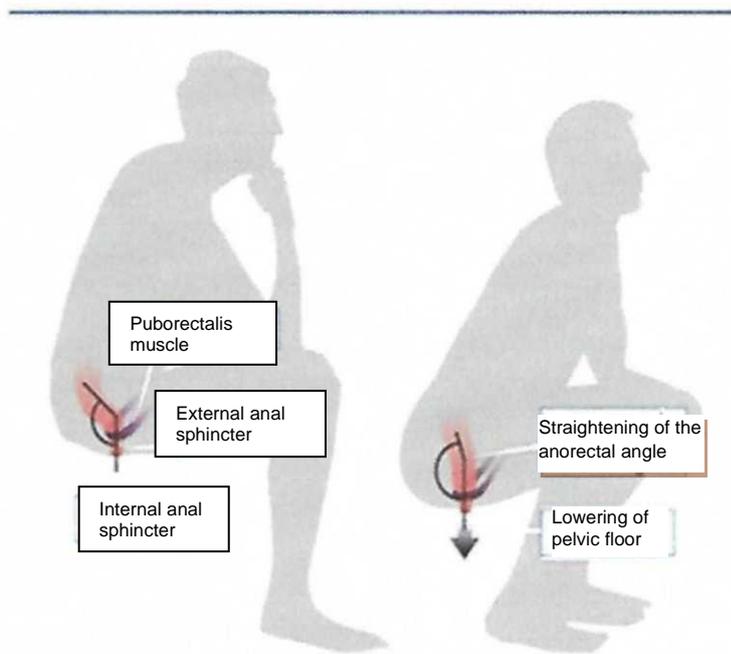


Assessment of GOKO device facilitating bowel movements

Various forms of constipation are one of the most significant problems for the societies of developed countries and they affect about 28% of the general population. It is reflected not only by data on the amount of medical advice, but also by analyses of drug intake, which show great popularity of laxatives. In the USA, between 50% and 74% of elderly people admit that they use laxatives daily. Sufferers are mostly women (two/three times more frequently) and the elderly – about 33% of people over 60 years of age.

Prevalence of constipation increases with age, low socio-economic status, obesity, low level of physical activity and insufficient dietary fibre intake. Other important factors are haste, stress and situational inhibition of bowel movements.

Constipation means bowel movements occurring less frequently than once every 3 days. By universal definition, constipation is prolonged faecal impaction in the large intestine, which may have serious health consequences. The longer the stool remains in the intestine, the less water it contains and the harder, more solidified it becomes and less often it is evacuated. Another form of constipation is hard bowel movements. Defecation disorders, on the other hand, mean difficulties in evacuating properly formed stool, rectal tenesmus and incomplete evacuation.



Proper position facilitating bowel movements

Correct defecation requires coordinated action, starting with relaxation of the puborectalis muscle, lowering of the inferior pelvic wall, straightening of the anorectal angle, inhibition of segmental contractions of the intestine, tension of the abdominal prelum muscles, and finally relaxation of the external anal sphincter. Increase in intraabdominal pressure is also coordinated with relaxation of the puborectal muscles and pelvic floor muscles, which results in straightening of the rectal canal and facilitating stimulation of the rectal sphincter and faecal passage. Slower passage of faecal masses from the distal section of the colon (behind the sigmoid) to the rectum is accompanied by excessive effort during defecation. Ineffective pushing occurs mainly at old age and consists in inability to evacuate the stool due to weak abdominal prelum muscles and/or lack of coordination of contraction of abdominal muscle and diaphragm.

The GOKO device, in a simple and accessible way enables people of various height and age to adopt the most appropriate position for defecation, which in the conditions of a modern toilet imitates the tuck position. This position guarantees physiological coordination between abdominal prelum pressure and pelvic muscle relaxation, relaxation of the puborectal muscle, lowering of the inferior pelvic wall and straightening of the anorectal angle, which activates the stool stored in the sigmoid and allows for its easy evacuation.

The GOKO device can also be used dynamically, which can help induce a bowel movement.

Getting rid of constipation means relieving health problems, better mood, prevention of diverticulosis and diverticulitis, colorectal cancer, haemorrhoids, anal fissure, encopresis, rectal prolapse. Persons testing the GOKO product stressed its effectiveness, shortening the defecation time, reduction or removal of the feeling of incomplete evacuation, no necessity of rectal tenesmus, reduction of body weight and even getting addicted to its use.

It should be emphasized that 50% of people suffering from chronic idiopathic constipation are not fully satisfied with treatment with the use of fibre and laxatives.

I fully recommend the use of the GOKO device to people with constipation of different aetiology or with defecation disorders.

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A handwritten signature in blue ink, appearing to read 'J Muszynski', written in a cursive style.