

# Do You Sometimes Suffer from Constipation?

## Participate in a UCLA Research Study of Self-Acupressure

Perineal self-acupressure has been used by people with constipation to aid in pain-free defecation and by pregnant women to prevent difficulties with labor. However, the technique has never been rigorously studied in clinical trials for constipation.

If you suffer from symptoms of constipation and are eligible you will be able to receive **fifty dollars in compensation for about an hour of your time**. You will also receive free education in perineal self-acupressure and standard treatment options.

**If you are interested in participating, please call: (323) 456-3383.**

### Contact Information:

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