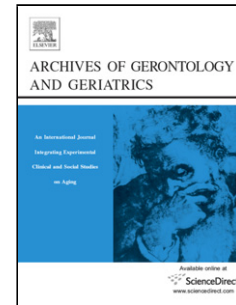


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**The effect of probiotics as a treatment for constipation in elderly people: a systematic review.**

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**Highlights**

- Intestinal microbiota and gut function change with aging
- Prevalence of functional constipation increases in older individuals
- Different strains of probiotics induced beneficial effects in chronic constipation in elderly
- Future clinical trials with larger sample are required before recommend the widespread use for treating constipation.

**Abstract**

Purpose: Treating constipation in elderly people remains a challenge; the administration of probiotics may be a valid therapy for this problem as an alternative to traditional drug-based treatments. The objective of this systematic review was to evaluate the efficiency of probiotics in treating constipation in elderly people. Methods: Articles related to this topic and published, without any time limitations, in the Medline, Embase, Scopus, Lilacs, or Cochrane databases were systematically reviewed according to Preferred

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