

Mayo Clinic Minute

How gum might benefit your gut

Video	Audio
Mark Larson, M.D. (4:08)	“Gum is meant to be chewed.”
Vivien Williams VO: people chewing gum	Millions of people chew gum. Some say it helps to ease hunger, relieve stress or pass the time on a long drive. And ...
Mark Larson, M.D. (4:13)	“... it even has some positive medical effects, such as relieving bad breath.”
Vivien Williams VO: Dr. Larson in his office	Dr. Mark Larson is a gastroenterologist at Mayo Clinic. He says chewing gum also may be a great tool for ...
Mark Larson, M.D. (4:16)	“... helping people recover more quickly after surgery.”
Vivien Williams VO: Surgery video	You see, after certain operations, some people might get bound up — constipated.
Mark Larson, M.D. (4:45) Gastroenterology Mayo Clinic	“By chewing gum, you are stimulating certain reflexes that help drive activity within the intestinal system, for example, the colon and small bowel. So after colorectal surgery, people recover faster if they chew gum early in the recovery process. So we encourage that for all patients who have had colon surgery.”
Vivien Williams VO: People chewing gum	It turns out gum not only freshens breath, but also it may help keep your body’s plumbing system working after an operation. For the Mayo Clinic News Network, I’m Vivien Williams.□□□