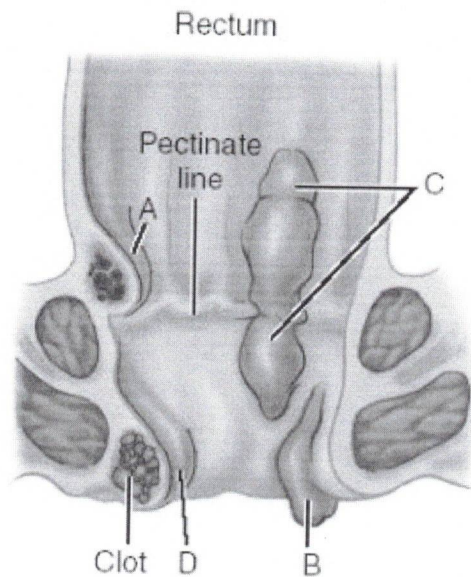


HEMORRHOIDS



**HOW THEY ARE TREATED AND
HOW YOU CAN PREVENT THEM
FROM COMING BACK**

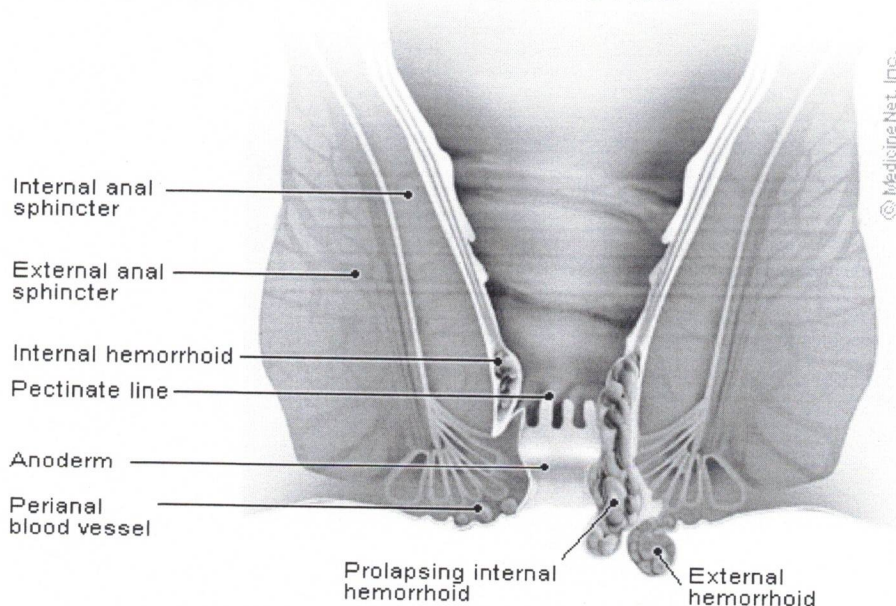
HEMORRHOIDS

Hemorrhoids are inflamed, swollen veins in the lower portion of the rectum or anus. They are often a result of chronic constipation, diarrhea, sitting for long periods of time, and anal infections.

There are two types of hemorrhoids:

- **External Hemorrhoids-** Just outside the anus, normally they are small in size and the same color as your skin. They can be painful or itchy. They also can form a blood clot, or **thrombose**. When this occurs, they turn blue and may cause severe pain.
- **Internal Hemorrhoids-** These are commonly occur in clusters around the anal canal wall are usually painless. They may protrude, or **prolapse**, from the anus when you strain and may disappear when you relax. Bright red or dull maroon in color, they may bleed or discharge mucus.

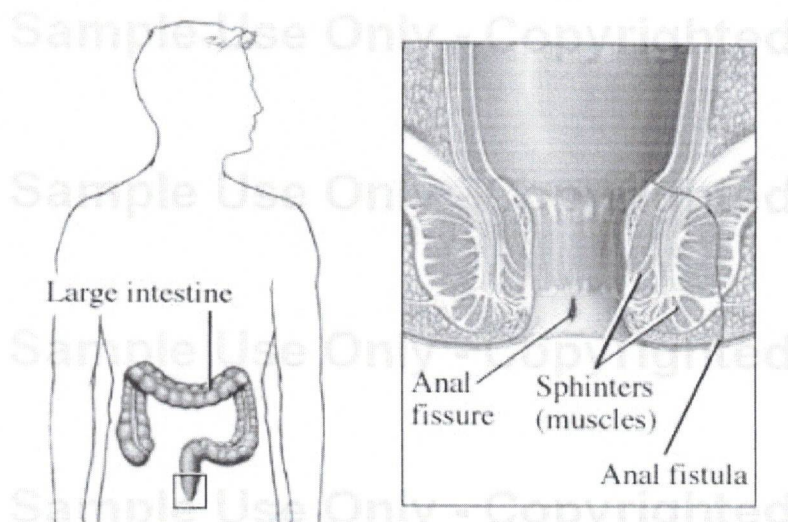
Formation of hemorrhoids



OTHER ANAL PROBLEMS

Other problems that may cause discomfort in the anal area:

- **Fissure** – a crack in the anal canal's skin, maybe painful and bleed
- **Fistula** – an infected pathway, may develop as an abscess and works its way from inside the anal canal to the outside of the skin – it can be painful or painless and usually causes a lot of drainage



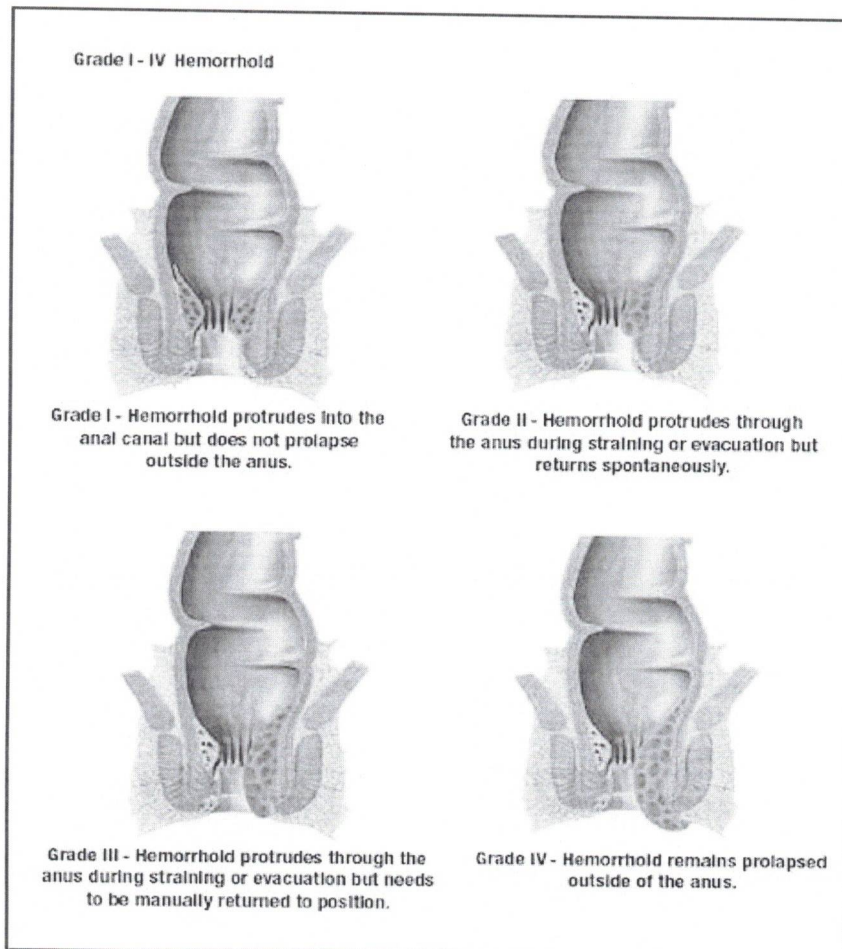
SYMPTOMS OF HEMORRHOIDS

- Anal itching
- Anal ache or pain, especially while sitting
- Bright red blood on toilet tissue, stool or in the toilet bowl
- Pain during bowel movements
- One or more hard tender lumps near the anus

TREATMENT PLAN

In many cases the efforts you make at home under your doctor's guidance are enough to cure your hemorrhoid issues for good. To accomplish this, your doctor may recommend changes in your diet by increasing your water and fiber intake to help you get into a good bowel regime. Your doctor might also have you try over the counter creams or prescription creams to help with the pain and itching. Warm sitz baths and or ice packs also aide with the pain and itching.

GRADING HEMORRHOIDS



WHEN SURGERY IS NECESSARY

Sometimes home treatments are not enough or not effective surgery may be done. There are different surgical procedures for treatment of hemorrhoids. Your doctor may decide on **banding** (used for prolapsed hemorrhoids) or **hemorrhoidectomy**. These procedures are used for patients with severe pain or bleeding who have not responded to other therapy.