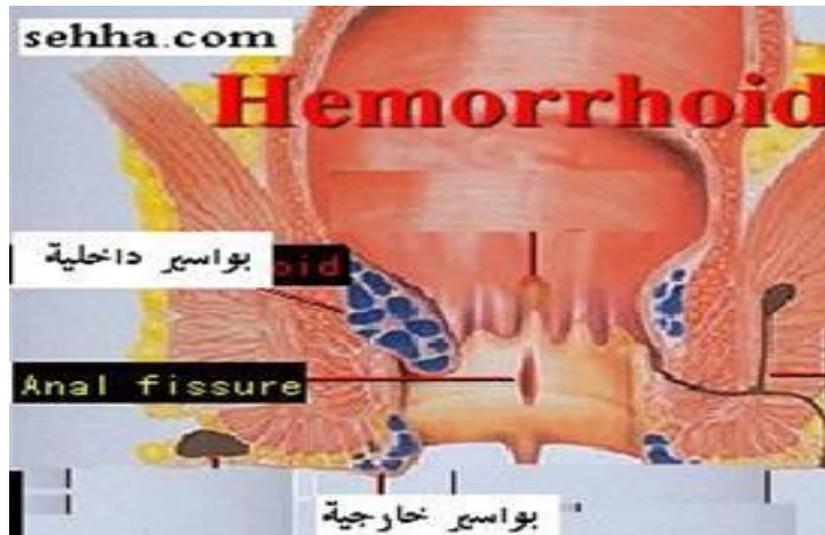


Hemorrhoids

The term hemorrhoids refers to a condition in which the veins around the anus or lower rectum are swollen and inflamed. Hemorrhoids are common and not significant unless they cause pain or bleeding. It may result from straining to move stool.



Types

- ✚ External hemorrhoid: can be seen on inspection and lie below the anal sphincter. prolapsed hemorrhoid can become thrombosed or inflamed.
- ✚ Internal hemorrhoids: cannot be seen on inspection of the peri-anal area and lie above the anal sphincter .

Clinical picture

- ✚ The patient usually complains from repeated common attacks of fresh rectal bleeding associated with defecation. It can lead to anemia.
- ✚ Piles may prolapse out of the anus with mucus discharge.
- ✚ Pain and itching.

Causes

- ✚ Constipation.
- ✚ Life style in working and eating, this depends on prolonged sitting or standing in addition to food type such as low fiber diet and high food spices.
- ✚ Repeated increased abdominal pressure from straining at stool.
- ✚ Pregnancy and childbirth.
- ✚ Old age.
- ✚ Obesity.
- ✚ Carrying heavy weights.

Prevention

- ✚ To avoid prolonged sitting or standing.
- ✚ Avoid excessive straining during defecation.

- ✚ Maintaining the bowels clean by cleaning the area with water and soap after defecation.
- ✚ Eating fiber-rich foods such as brown bread, fruits and vegetables. Also frequent meals, rich in liquid until constipation is reducing.
- ✚ Not to delay the urge for defecation because it can lead to hardening of the stool.
- ✚ Exercise daily especially walking for 30 minutes until increase peristalsis movement.
- ✚ Sitting in a warm water several times a day, to reduce pain and to prevent infection.

Treatment

Medical treatment of hemorrhoids is aimed initially at relieving symptoms.

Measures to reduce symptoms include:

- Tub baths several times a day in plain, warm water for about 10 minutes.
- Application of a hemorrhoidal cream or suppository to the affected area for a limited time.
- Surgical removal of the affected veins (hemorrhoidectomy).

References

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