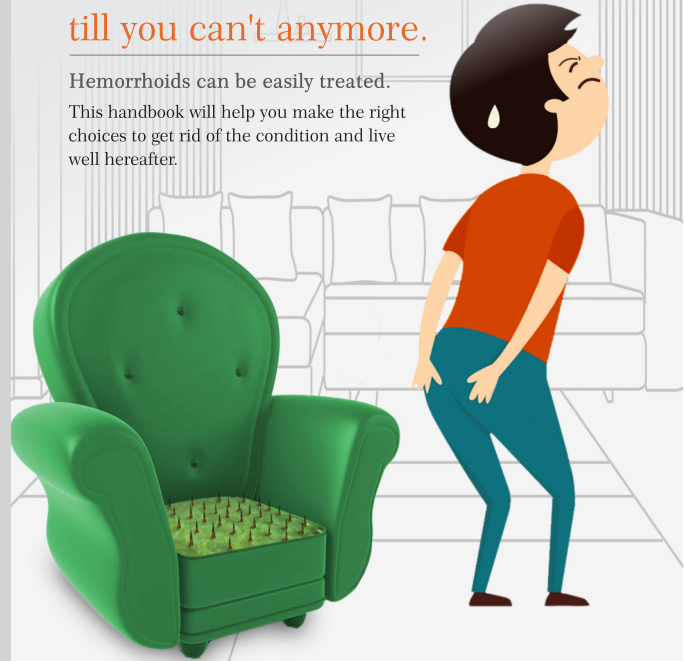


Don't sit on hemorrhoids till you can't anymore.

Hemorrhoids can be easily treated.

This handbook will help you make the right choices to get rid of the condition and live well hereafter.



If you or your near and dear ones see any of the signs,
consult a doctor immediately.

Call us on 1800 209 5123

to know about the nearest screening camp.



What are hemorrhoids?

← 02 -05

What causes hemorrhoids?

← 06 -09

Are hemorrhoids harmful?

← 10 -12

How to know whether you have hemorrhoids?

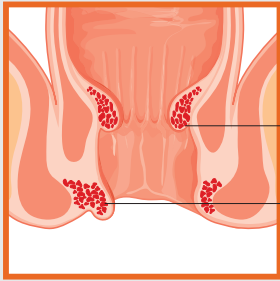
← 13 -15

How are hemorrhoids treated?

← 16 -19

Dos and Don'ts after hemorrhoid surgery

← 20 -22



Internal Hemorrhoids

External Hemorrhoids

What are hemorrhoids?

There are pillow-like clusters of veins present in and around the anus and lower rectum.

Hemorrhoids (or piles) develops when those veins become swollen and stretched, similar to varicose veins in the legs.

2 types of hemorrhoids are:

- **External hemorrhoids**, which form under the skin around the anus
- **Internal hemorrhoids**, which form in the lining of the anus and lower rectum

Internal hemorrhoids are the most common.¹

What causes hemorrhoids?

Hemorrhoids have a number of causes, although often the cause is unknown.¹

You are more likely to get hemorrhoids if you



Strain during
bowel movements



Sit on the toilet
for long periods of time



Have chronic
constipation or diarrhea



Eat foods that
are low in fiber



Are older than
age 50



Often lift heavy
objects



Are obese



Are pregnant

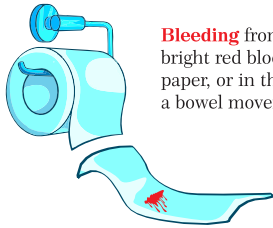


Are hemorrhoids harmful?

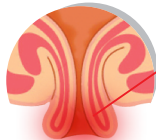
Although hemorrhoids are rarely dangerous, they can be a recurrent and painful intrusion.²

How to know whether you have hemorrhoids?

If you have internal hemorrhoids, you may have



Bleeding from your rectum—bright red blood on stool, on toilet paper, or in the toilet bowl after a bowel movement



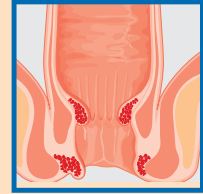
Prolapse a hemorrhoid that has protruded through your anal opening.



If you have external hemorrhoids, you may have



Anal itching



One or more hard, tender lumps near your anus



Anal ache or pain, especially when sitting

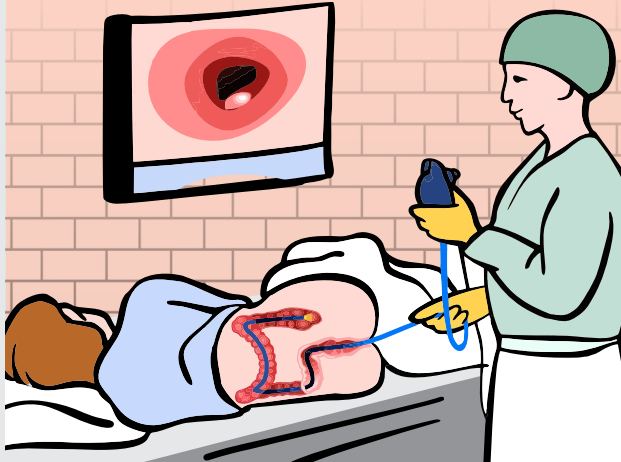
Too much straining, rubbing, or cleaning around your anus may make your symptoms worse. For many people, the symptoms of external hemorrhoids go away within a few days.



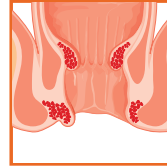
How are hemorrhoids diagnosed?

External hemorrhoids are generally visible, especially if a blood clot has formed.

Internal hemorrhoids are diagnosed by your doctor by performing a digital rectal exam or inserting a short plastic tube into the rectum to check for blood in the stool.

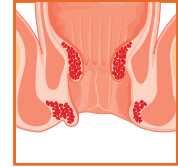


Hemorrhoids can be classified into 4 grades ranging from mild to more severe, depending on the level of prolapse.



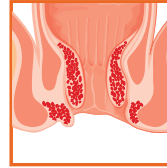
Grade 1

The hemorrhoid is still within the rectum.



Grade 2

The hemorrhoid protrudes from the anal canal, but retracts after passing stools.



Grade 3

The hemorrhoid protrudes from anal canal and remains outside the body. It can be manually pushed back into rectum.



Grade 4

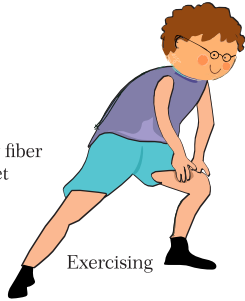
The hemorrhoid protrudes all the time. If pushed back into the body, it will fall out again.

How are hemorrhoids treated?

In the early stages, simple remedies like



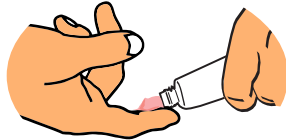
Increasing fiber
in your diet



Exercising



Warm water
sponging



Applying topical anesthetic
creams can provide relief
from most symptoms.

If symptoms persist, your doctor will decide the appropriate treatment - non-invasive or surgical-based on the grade of your hemorrhoids.

You may need surgery if you have

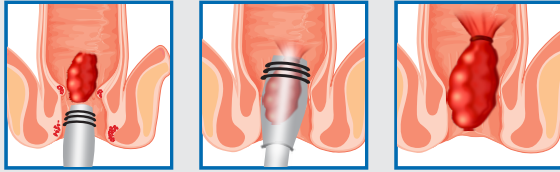
- large protruding hemorrhoids,
- painful external hemorrhoids, or
- internal hemorrhoids that return despite non-surgical treatment



Non-surgical treatments

Banding

In this, a small elastic band is placed around the base of a hemorrhoid causing the hemorrhoid to shrink and the surrounding tissue to scar as it heals, holding the hemorrhoid in place. It takes 2 to 4 procedures, done six to eight weeks apart, to completely eliminate the hemorrhoid.



Other procedures

These include laser or infrared coagulation, sclerotherapy, and cryosurgery. They all work on the same principle as rubber band ligation but are not quite as effective in preventing recurrence.

Surgical treatments

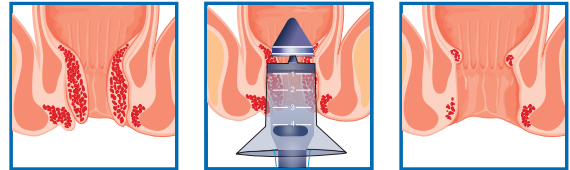
Hemorrhoidectomy

In this, a narrow incision is made around both external and internal hemorrhoid tissue and the offending blood vessels are removed. This procedure is very painful, but cures 95% of cases, and has a low complication rate.

Stapled hemorrhoidopexy

This procedure is less painful and recovery is quicker.

Treats bleeding or prolapsed internal hemorrhoids. The surgeon uses a stapling device to anchor the hemorrhoids in their normal position. The procedure requires general anesthesia, but patients can go home the same day. Patients can usually return to work after 7–10 days.



Before

After

Dos and Don'ts after hemorrhoid surgery

After hemorrhoid surgery you may experience pain as the anus tightens and relaxes. You might be given medication to help relieve the pain.



Start a high fiber diet to create looser stools. This will prevent straining during bowel movements. You may also use stool softeners.



Drink 8-10 glasses of water daily, to remain hydrated. This will also help to keep stools soft.



Avoid strenuous activities, including lifting and pulling, until you are fully healed.



Take frequent warm baths during the day.

