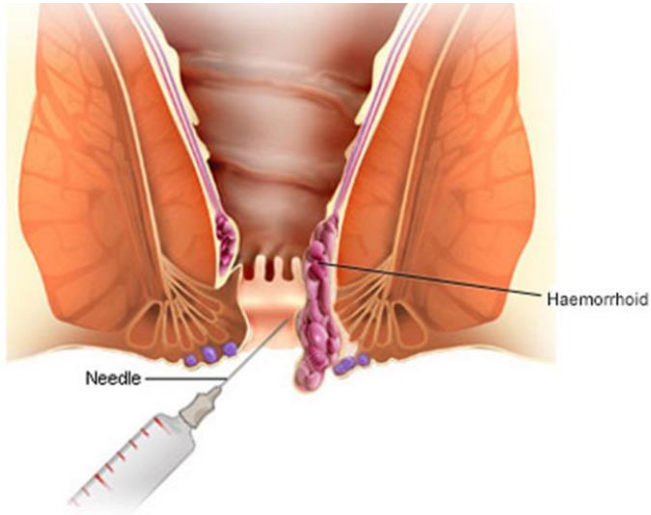




مدينة الملك فهد الطبية
King Fahad Medical City



Hemorrhoids

What is haemorrhoids/Piles?

Swollen veins around the anus or in lower rectum and about 50% of the population has it and it may be external or internal.

Causes of haemorrhoids:

- **Pregnancy:** The uterus presses the veins in the colon and causes them to bulge.
- **Age:** Middle adulthood with the age range of 45 to 65.
- **Diarrhea:** Chronic case of diarrhea may cause the veins to swell.
- **Chronic constipation:** Straining to move stool puts additional pressure on the walls of the blood vessels.

- **Sitting for too long:** Staying in a seated position for long periods can cause hemorrhoids, especially on the toilet.
- **Heavy lifting:** Repeatedly lifting heavy objects can lead to hemorrhoids.
- **Anal intercourse:** It may worsen the existing hemorrhoids or may create new ones.
- **Obesity:** Heavy weight may cause pressure to the veins and peri-anal.
- **Genetics:** Heredity may also contribute to it.

What are the signs and symptoms of haemorrhoids?

- Bleeding without pain during defecation.
- Itching or irritation surrounding anal area.
- Hurting or discomfort along surrounding anal area.
- Swelling or soreness around anal area.
- Bulging lump in surrounding anal area, maybe delicate or hurtful.

How are hemorrhoids diagnosed?

- **Digital Rectal Exam**

A visual examination of your anus and using of gloves and lubricating gel by palpation.

- **Sigmoidoscopy**

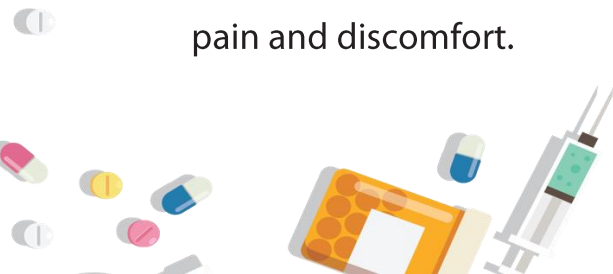
It may be rigid or fiber-optic. Fiber-optic scopes are flexible scopes with camera usually connected to a monitor for proper visualization. While the rigid scopes are made of metal with small lens for manual visualization and a light source.

- **Anoscope**

Smaller in length are made of metal use for manual visualization and connected to a light source.

Home treatments

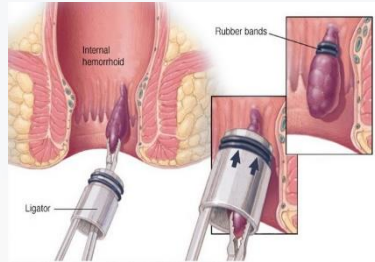
- **Topical creams and ointments:** Over the counter (OTC) creams or suppositories, which contain hydrocortisone or lidocaine, which helps to numb the affected area or reduce the swelling.
- **Ice packs and cold compresses:** It helps reduced swelling.
- **A sitz bath using warm water:** helps relieve burning or itching
- **Moist towelettes:** prevent excoriation or irritation to peri-anal area.
- **Analgesics:** Some painkillers, such as aspirin, ibuprofen, and acetaminophen may improve the pain and discomfort.



Medical procedure

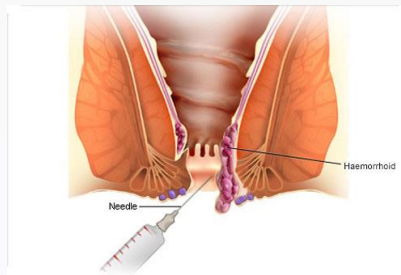
- **Rubber band ligation:**

This method involves the doctor cutting off the flow of the hemorrhoid by engaging a rubber band around it. This causes loss of circulation to the hemorrhoid, pushing it to shrink.



- **Injection therapy:
(sclerotherapy)**

In this procedure, your doctor injects a chemical into the blood vessel directly. This causes the hemorrhoid to reduce in size.



How to prevent hemorrhoids?

- Avoid over straining during elimination because it will create pressure to the surrounding of anal mucosa
- Increase fluid consumption or must take 10-12 glasses of water a day or more.
- Always go to toilet if needed because if they wait for too long the stools will become drier that will cause constipation
- Limit extended standing, it will increase pressure in the veins.
- Maintain a healthy body mass index. Obesity may cause pressure as well.
- Exercise habitually to sustain good weight and avoid constipation.
- Eat food rich in fibers such as oats, cereals, and vegetable.

لأن الوعي وقاية ..

إدارة التثقيف الصحي

إدارة تـمريض العيادات الخارجية



HEM1.18.000535

