

Hemorrhoid

Hemorrhoids, also called piles, are swollen and inflamed veins in the anus and lower rectum, the hemorrhoid is a common disease which is suffered by 50-75% in our society in the East and in both sexes and all ages. Many patients are unaware of the nature of their illness and they are embarrassed to seek medical help and they are afraid from the traditional surgery. Therefore, we find them suffering from the disease for several years using many treatments and they avoid some foods without benefit. After the technical development in the branch of medicine, surgery in particular, the hemorrhoids surgery become safe and carried out quite easily by using modern devices such as laser, Radiofrequency device, and infrared coagulator under local anesthesia. The process usually takes 10-15 minutes and the patients can be discharged to start his normal life.

Causes of Hemorrhoid

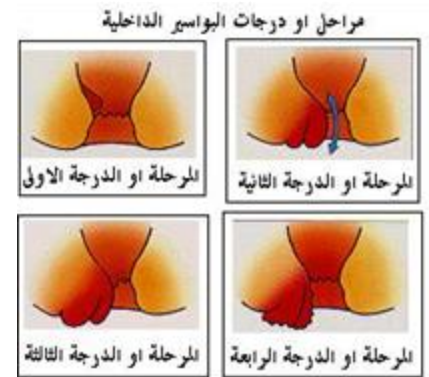
The veins around your anus tend to stretch under pressure and may bulge or swell. Swollen veins (hemorrhoids) can develop from an increase in pressure in the lower rectum. Factors that might cause increased pressure include:

- Straining during bowel movements
- Sitting for long periods of time on the toilet
- Chronic diarrhea or constipation
- Obesity
- Pregnancy

It is also possible to inherit a tendency to develop hemorrhoids. Hemorrhoids are more likely as you get older because the tissues that support the veins in your rectum and anus can weaken and stretch with aging.

Signs and symptoms of hemorrhoids

- Painless bleeding during bowel movements — you might notice small amounts of bright red blood on your toilet tissue or in the toilet bowl
- Itching or irritation in your anal region
- Pain or discomfort
- Swelling around your anus
- A lump near your anus, which may be sensitive or painful
- Leakage of feces



Types of hemorrhoids:

Hemorrhoid symptoms usually depend on the location. Internal hemorrhoids lie inside the rectum. You usually cannot see or feel these hemorrhoids, and they usually do not cause discomfort. But straining or irritation when passing stool can damage a hemorrhoids delicate surface and cause it to bleed. Occasionally, straining can push an internal hemorrhoid through the anal opening. This is known as a protruding or prolapsed hemorrhoid and can cause pain and irritation. There are four types of internal hemorrhoids depending on their size and the possibility of going out with defecation, which are: the first internal-only, the second comes out with the stool and return spontaneously & graduated, the third one come out with defecation & you need to push them back for relive, and the fourth are usually obstructed & strangulated it needs surgical interference.

External hemorrhoids are under the skin around your anus. When irritated, external hemorrhoids can itch or bleed. Sometimes blood may pool in an external hemorrhoid and form a clot (thrombus), resulting in severe pain, swelling and inflammation.

Prevention

The best way to prevent hemorrhoids is to keep your stools soft, so they pass easily. To prevent hemorrhoids and reduce symptoms of hemorrhoids, follow these tips:

- Eat high-fiber foods. Eat more fruits, vegetables and whole grains. Doing so softens the stool and increases its bulk, which will help you avoid the straining that can cause hemorrhoids or worsen symptoms from existing hemorrhoids. Add fiber to your diet slowly to avoid problems with gas.
- Drink plenty of fluids. Drink six to eight glasses of water and other liquids (not alcohol) each day to help keep stools soft.
- Consider fiber supplements. Most people do not get enough of the recommended amount of fiber — 20 to 35 grams a day — in their diet. Studies have shown that over-the-counter fiber supplements, such as Metamucil and Citrucel, improve overall symptoms and bleeding from hemorrhoids. These products help keep stools soft and regular. If you use fiber supplements, be sure to drink at least eight glasses of water or other fluids every day. Otherwise, the supplements can cause constipation or make constipation worse.
- Do not strain. Straining and holding your breath when trying to pass a stool creates greater pressure in the veins in the lower rectum.
- Go as soon as you feel the urge. If you wait to pass a bowel movement and the urge goes away, your stool could become dry and be harder to pass.
- Exercise. Stay active to help prevent constipation and to reduce pressure on veins, which can occur with long periods of standing or sitting. Exercise can also help you lose excess weight that may be contributing to your hemorrhoids.
- Avoid long periods of standing or sitting. Sitting too long, particularly on the toilet, can increase the pressure on the veins in the anus.

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Advantages of new technologies to treat hemorrhoids:

The use of modern technology has a great impact in the accuracy and safety of operations as well as reducing the pain during and after the procedure with minimal complications. The patient does not need strict preparations prior the

procedure. Though some may need necessary investigation, especially for the elderly and those who have diseases like Hypertension, Diabetes and Cardiovascular conditions. The operations are carried out to both sexes in all ages and even for pregnant women. The success rate of hemorrhoidectomy in this new technology reaches more than 90% after three weeks of operation.

Advance hemorrhoids surgry

Hemorrhoidectomy is recommended when non-surgical treatment (fiber rich diet, laxatives, stool softener, suppositories, medications, or warm baths) does not relieve the discomfort that the patient is experiencing from the hemorrhoid. In the past and even up to the present times, hemorrhoidectomy is done under general anesthesia that requires hospital stay for few days with longer rehabilitation period that usually takes 1-2 months with high complication rate (bleeding, infection & incontinence).

We treat all types of hemorrhoids with the latest and safest method available in the field of proctology all over the world. With our team of medical experts, these procedures are carried out on a daily basis. With successful testimonies from thousands of patients who received the treatment in our clinic, the success rate is remarkable. The procedure is done under local anesthesia with minimal pain within 10-15 minutes. Most of the patients can return to their normal lives within 2-3 days post operatively. The treatment of internal hemorrhoids is done by using infrared coagulation & radiofrequency which apply to the base of the hemorrhoids. It stops the blood from reaching the roots of the hemorrhoids leading to the death of hemorrhoids, subsequently causing it to fall after 3 to 7 days with the stool.

To eradicate 3rd degree hemorrhoids, we added rubber bands to the already coagulated piles to assist their death. The external pile is excised using radiofrequency without the need for stitching or packing. The patient may feel a burning sensation during the first week and drops of blood in stool. During the first 3 weeks, the patient is advised to use warm tub baths, and refrain from eating spices.