



**Haemorrhoidal
Disease?
Guess who**



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Haemorrhoidal Disease

Haemorrhoids. What to do?

Everybody has haemorrhoids, they are natural tissue. But, at least one in two of us has problems with haemorrhoids at sometime in our lives, and because of this other anal diseases, such as anal eczema, can also occur.

What are haemorrhoids?

Haemorrhoids are an arterial-venous vascular network. They are located at the end of the bowel and support the sphincter when closing the anus. As soon as the rectum fills, the inside sphincter tightens. At the same time, pressure is exerted on the veins (responsible for draining off blood) and the haemorrhoids swell, sealing the anus. During bowel movements the muscle relaxes, the veins drain, the swelling of the haemorrhoids decreases and the bowel movement takes places without problems.

What are the reasons for haemorrhoidal disorders?

An enlargement and a shift of this vascular network – which is normally located above the sphincter – can be caused by obesity, bad eating habits, pressing too strongly during bowel movements, as a result of pregnancy and childbirth, or inherited tissue disorders. There are four degrees of severity, depending on the location of the enlarged tissue.

Artery = blood vessel filled with blood coming from the heart

Vein = blood vessel filled with blood flowing to the heart

When do we speak about haemorrhoidal disease?

Haemorrhoidal disease occurs only when enlarged haemorrhoids cause trouble at the anus.

Which kind of symptoms are typical?

Pain while sitting and acute bleeding can occur. Also, there can be light red blood on the stool and toilet paper. Burning, itching and traces of stool in the underwear are also seen. As other illnesses can cause this trouble, a medical examination is recommended in any case.

Which treatment options exist?

Creams and suppositories can be used to alleviate pain, itching, and inflammation. Soothing pastes and lotions are also helpful. Acute and, especially heavy bleeding must be controlled. When symptoms last for a longer period of time or repeatedly occur, treatment is necessary using cauterization, ligation or surgery – depending on the degree of severity. The haemorrhoidal disease can often be successfully treated without extensive surgical procedures.

What else can be done?

Frequent exercise, sport, weight reduction, sufficient fluid intake, and a diet rich in fiber help. Uncontrolled pressing during bowel movement and sitting too long on the toilet should be avoided. Anal cleaning after bowel movement should be done with water and with careful drying.

