

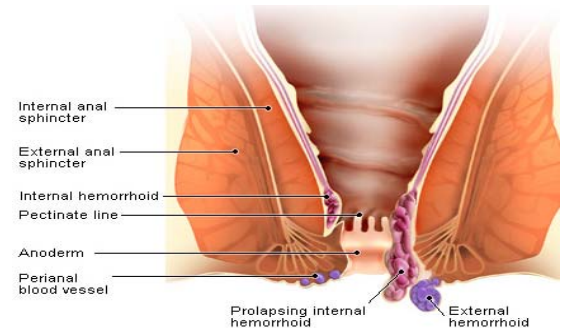
Hemorrhoids

The word "**hemorrhoid**" is derived from the Greek "haema" = blood, and "rhoos" = flowing, and was originally used by Hippocrates to describe the flow of blood from the veins of the anus

Hemorrhoids are varicose veins in the anorectal region

Hemorrhoids are dilated-tortuous veins in the anorectal region that may prolapse outside (prolapsed piles) or inside the anus (internal piles) and form grape like lumps

25 % of the developed countries suffer from hemorrhoids and it is very common in the age between 20-50 years



Possible Causes:

- Genetic factors
- Aging
- Sitting for long period on the toilet
- Straining during bowel
- Obesity
- Chronic diarrhea or constipation
- Diet (spices, alcohols, low fiber diet)
- Sedentary occupations
- Hormonal influence (last months of pregnancy, oral contraceptives)
- Secondary to liver and rectal diseases

Risk Factors:

- **Constipation and prolonged straining:** They are widely believed to cause hemorrhoids because hard stool and increased intraabdominal pressure could cause obstruction of venous return, resulting in engorgement of the hemorrhoidal plexus. Defecation of hard fecal material increases shearing force on the anal cushions.

- **Diarrhea:** increase in straining for defecation may precipitate the development of symptoms such as bleeding and prolapse in patients with a history of hemorrhoidal disease.
- **Pregnancy:** can predispose to congestion of the anal cushion and symptomatic hemorrhoids, which will resolve spontaneously soon after birth.
- **Many dietary factors:** including low fiber diet, spicy foods and alcohol intake have been implicated, but reported data are inconsistent.

Signs & Symptoms :

- Pain and or bleeding
- Inflammation / irritation
- Itching (pruritus)
- Irritation
- Discomfort
- Anal discharge

Grades of Hemorrhoids:



Grade 1

Grade 2

Grade 3

Grade 4

Treatment:

- Life style modification.
- Medical treatment (Oral & Topical)
- Surgical procedures (hemorrhoidectomy) performed in different ways.
- Systemic medication.