

Hemorrhoids

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Hemorrhoids

- Hemorrhoids, often called piles, are clusters of veins in the anus, just under the membrane that lines the lowest part of the rectum and anus. They occur when veins in your rectum enlarge from straining or pressure.



Hemorrhoids

- **Internal Hemorrhoids:** Internal hemorrhoids originate above the pectinate or dentate line in the anal canal and are covered by a mucous membrane.
- **External Hemorrhoids:** External hemorrhoids are swollen areas of skin and blood vessels around the anus (below the dentate line). They are lined with squamous epithelium that is highly innervated and sensitive.
- **Internal-External:** When internal and external hemorrhoids occur simultaneously, they are referred to as mixed hemorrhoids.



Hemorrhoids

- **Classification:**

- *First-degree:* do not bulge from the anus.
- *Second-degree:* bulge from the anus during bowel movements but spontaneously reduce
- *Third-degree:* bulge from the anus during bowel movements, but they can be manually reduced
- *Fourth-degree:* bulge outside the anus all the time (cannot be reduced)



Treatment

Grade	Treatment
1	Medical, Sclerotherapy, rubber band ligation
2	Medical, Sclerotherapy, rubber band ligation
3	rubber band ligation, surgery
4	Surgery



Treatment

- According to severity of pain.

<i>Severity</i>	<i>Treatment</i>
Mild	Home treatment
Moderate	Fixative procedure
Severe	Surgery



Method	Reason to use method	Reason to not use method
Home treatment	• Hemorrhoids cause pain and discomfort. • Home treatment should be the first choice for hemorrhoids. • Avoiding constipation by drinking more fluids, eating more fiber, or using a stool softener may provide sufficient relief. • Ointments that relieve the itching, pain, and swelling may provide sufficient relief.	• You have already tried home treatments with little or no success. • A blood clot has developed in a hemorrhoid. • The hemorrhoid causes significant bleeding or protrudes from the anus, making it difficult to keep the area clean. • A large internal hemorrhoid bulges out of the anus and the blood supply to the hemorrhoid is cut off (strangulated hemorrhoid). This is usually extremely painful, and urgent treatment is needed.



Fixative procedure

- Hemorrhoids cause significant pain and discomfort.
 - You have significant bleeding; You have large hemorrhoids that may not hurt but may protrude from the anus and make it difficult to keep the anal area clean.
 - A large internal hemorrhoid bulges out of the anus and the blood supply to the hemorrhoid is cut off (strangulated hemorrhoid). This is usually extremely painful, and urgent treatment is needed.
 - Fixative procedures are the preferred treatment for people older than age 70 and people who are in poor health.
- Home treatments provide sufficient relief from hemorrhoid symptoms.
 - You have external hemorrhoids that are causing symptoms and have not improved with home treatment. In this case, surgery is the only option.
 - You have internal hemorrhoids that are large and bulge out of the anus, are thrombosed, or clotted, or come back after fixative treatment.



Surgery

- external hemorrhoids that are causing symptoms and have not improved with home treatment.
 - Treating external hemorrhoids can be very painful and often requires medication to control pain.
 - internal hemorrhoids that are large and bulge out of the anus, are clotted (thrombosed), or come back after fixative treatment.
 - Surgery may provide better long-term results than fixative procedures. However, surgery is more expensive and more painful, requires a longer recovery time, and has a greater risk of complications.
- Surgery to remove external hemorrhoids that do not have clots in them is not usually considered unless:
 - The hemorrhoids are large and uncomfortable and make it difficult to keep the anal area clean.
 - You are having surgery on the anal area for other reasons, such as to treat internal hemorrhoids or to repair a tear in the lining of the anal canal (anal fissure).
 - hemorrhoids during pregnancy. unless you have a clotted, or thrombosed, external hemorrhoid. However, it can be safely done if pain and bleeding persist after nonsurgical treatment.



References

- http://my.webmd.com/hw/health_guide
- <http://www.emedicinehealth.com/articles/10531-6.asp>
- <http://www.gicare.com/pated/ecdgs10.htm>
- <http://www.mayoclinic.com>