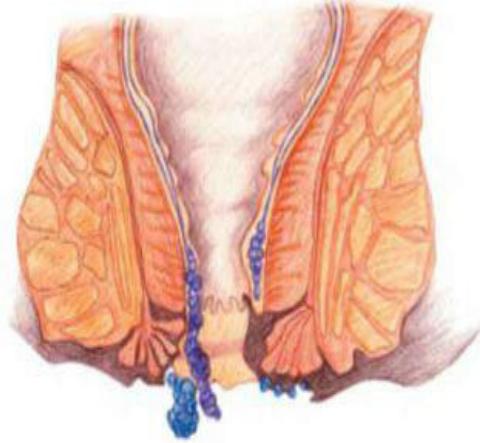
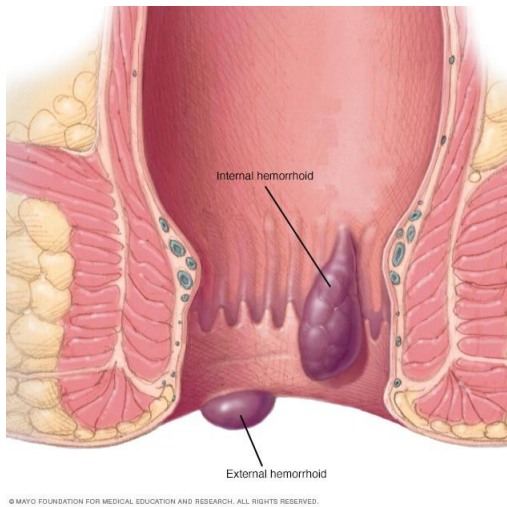


HAEMORRHOIDS (PILES)



Hemorrhoid is the swelling of the blood vessels near the anal opening. An increased pressure on these blood vessels due to any reason, causes them to enlarge and swell, thus forming lumps which are occasionally felt at the anal opening.

What is a hemorrhoid?

Hemorrhoids (HEM-uh-roids), also called piles, are swollen veins in your anus and lower rectum, similar to varicose veins. Hemorrhoids have a number of causes, although often the cause is unknown. They may result from straining during bowel movements or from the increased pressure on these veins during pregnancy. Hemorrhoids may be located inside the rectum (internal hemorrhoids), or they may develop under the skin around the anus (external hemorrhoids).

What are the causes of a hemorrhoid?

The veins around your anus tend to stretch under pressure and may bulge or swell. Swollen veins (hemorrhoids) can develop from increased pressure in the lower rectum due to:

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

Hemorrhoids are more likely with aging because the tissues that support the veins in your rectum and anus can weaken and stretch.

What are the signs and symptoms of a hemorrhoid?

Signs and symptoms of hemorrhoids may include:

- Painless bleeding during bowel movements — you might notice small amounts of bright red blood on your toilet tissue or in the toilet
- 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 (may be a thrombosed hemorrhoid)

Hemorrhoid symptoms usually depend on the location.

Internal hemorrhoids. These lie inside the rectum. You usually can't see or feel these hemorrhoids, and they rarely cause discomfort. But straining or irritation when passing stool can damage a hemorrhoid's 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.

External hemorrhoids. These are under the skin around your anus. When irritated, external hemorrhoids can itch or bleed.

Thrombosed hemorrhoids. Sometimes blood may pool in an external hemorrhoid and form a clot (thrombus) that can result in severe pain, swelling, inflammation and a hard lump near your anus.

Complications

Complications of hemorrhoids are very rare but include:

- **Anemia.** Rarely, chronic blood loss from hemorrhoids may cause anemia, in which you don't have enough healthy red blood cells to carry oxygen to your cells.
- **Strangulated hemorrhoid.** If the blood supply to an internal hemorrhoid is cut off, the hemorrhoid may be "strangulated," another cause of extreme pain.

When to see a doctor

Bleeding during bowel movements is the most common sign of hemorrhoids. Your doctor can do a physical examination and perform other tests to confirm hemorrhoids and rule out more-serious conditions or diseases

How is a hemorrhoid diagnosed?

Your doctor may be able to see if you have external hemorrhoids simply by looking. Tests and procedures to diagnose internal hemorrhoids may include examination of your anal canal and rectum:

- **Digital examination.** During a digital rectal exam, your doctor inserts a gloved, lubricated finger into your rectum. He or she feels for anything unusual, such as growths. The exam can suggest to your doctor whether further testing is needed.
- **Visual inspection.** Because internal hemorrhoids are often too soft to be felt during a rectal exam, your doctor may also examine the lower portion of your colon and rectum with an anoscope, proctoscope or sigmoidoscope.

Your doctor may want to examine your entire colon using colonoscopy if:

- Your signs and symptoms suggest you might have another digestive system disease
- You have risk factors for colorectal cancer
- You're middle-aged and haven't had a recent colonoscopy

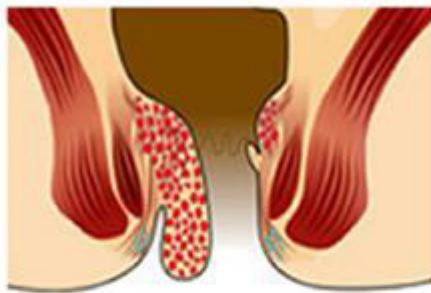
Grades / Stages of Haemorrhoids



GRADE 1 : Painless bleeding, itching with no prolapse



GRADE 2 : Self resolving prolapse i.e. the hemorrhoids protrude out during a bowel movement and retract back into the body upon completion of said bowel movement



GRADE 3 : Prolapse that does not retract by itself but needs to be manually replaced after the bowel movement



GRADE 4 : Bleeding with irreducible prolapse i.e the hemorrhoidal mass remains protruded out from the body all the time

Treatment of Piles

We understand that Piles (Mulvyadh / Bavasir) may not be a subject you feel comfortable talking about, but there is no need to suffer in silence. If you have piles, you are not alone. It is estimated that piles will affect at least 50% population at some point during their lives, that makes it one in two of us!

Surgical procedures : Open hemorrhoidectomy (Milligan-Morgan)

- **Hemorrhoid removal.** In this procedure, called hemorrhoidectomy, your surgeon removes excessive tissue that causes bleeding. Various techniques may be used.

The surgery may be done with a local anesthetic combined with sedation, a spinal anesthetic or a general anesthetic.

Hemorrhoidectomy is the most effective and complete way to treat severe or recurring hemorrhoids.

Most people experience some pain after the procedure. Medications can relieve your pain. Soaking in a warm bath also may help.

It is the procedure of choice for third- and fourth-degree hemorrhoids

- **COMPLICATIONS**

The main disadvantage of this method is post-operative pain and a long healing period (up to 6 weeks)

The haemorrhoidectomy procedure is usually associated with a few percent rate of complications (5). The most common complications include bleeding in the early post-operative period and delayed bleeding on 9-11 day after the procedure.

Late complications associated with inappropriate surgical technique include anal stenosis and gas and stool incontinence.

laser Haemorrhoidoplasty (LHP) Minimally invasive procedures

Laser Haemorrhoidoplasty is the preferred treatment for Grade 2 and early stages of Grade 3 -4 Piles. The hemorrhoid is vaporized using diode LASER. The smaller LASER beam allows for precision and accuracy; and, usually, rapid, unimpaired healing. It is painless. LASER therapy may be used alone or in combination with other modalities. This procedure is done under short general anaesthesia and takes about 20 minutes.

Through the natural anal opening, laser energy is applied using a special radially emitting fibre. The controlled emission of laser energy causes vaporization leading the haemorrhoidal mass to shrink

Coagulation (laser). Coagulation techniques use laser. They cause small, bleeding, internal hemorrhoids to harden and shrivel.

Advantages of LHP

- No cuts, no open wounds
- Less post-operative pain as compared to other procedures
- Healing is excellent as there are no cuts or stitches
- No sense of urgency (need to rush to the toilet) after the procedure
- No risk of rectal stenosis
- Patient can return to normal activities within a shorter space of time

Videos about piles treatment

Video 1 laser surgery for hemorrhoids or piles-Laser Hemorrhoidoplasty (LHP)

Video 2 Laser Hemorrhoidoplasty (Laser surgery for Piles)

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. 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 don't get enough of the recommended amount of fiber — 25 grams a day for women and 38 grams a day for men — 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.
- **Don't 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 sitting.** Sitting too long, particularly on the toilet, can increase the pressure on the veins in the anus.