

## WHEN TO SEE A DOCTOR

### See a doctor when:

- Pain does not improve and increasing severity.
- Significant bleeding during bowel movements or having painful blood clots.
- Home remedies fail to improve symptoms after a week.



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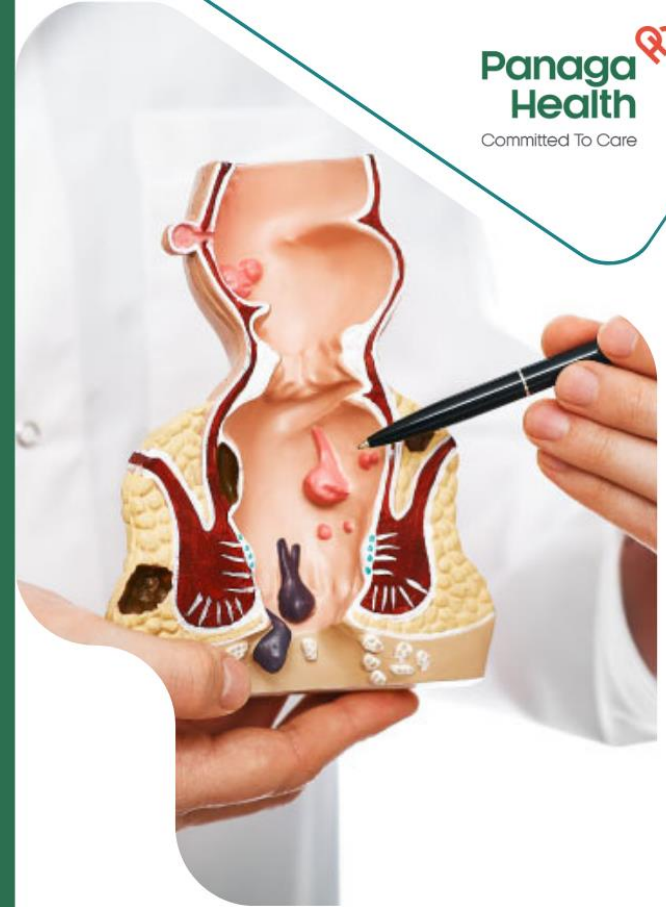
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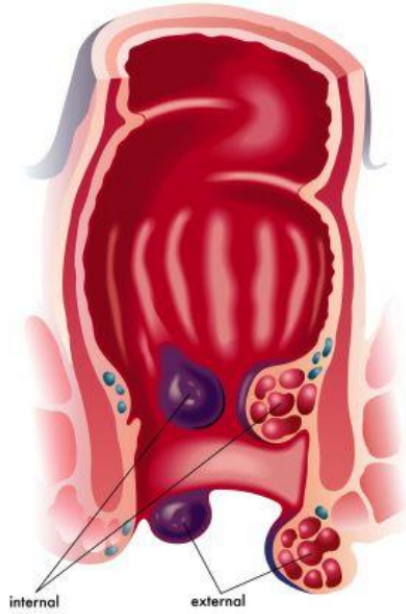
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# HEMORRHOIDS (PILES)

## WHAT IS IT?

Hemorrhoids, also known as piles, are swollen veins located around the anus (referred as external hemorrhoids) or in the lower rectum (referred as internal hemorrhoids).

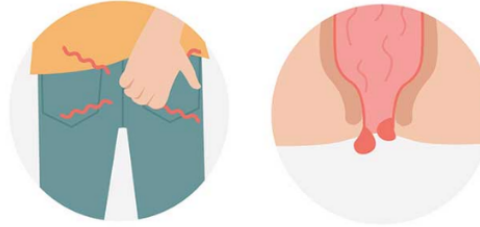


## CAUSES

- Straining during bowel movements.
- Sitting for long periods of time at the toilet bowl.
- Having chronic diarrhea or constipation.
- Regularly lifting heavy items.
- Eating low fiber diet or less water.
- Having anal intercourse.
- Higher risk in pregnancy.
- Higher risk in obesity.

## SYMPTOMS

- Itching or irritation in the anal region.
- Pain or discomfort. Characterised by a “dull, throbbing ache around the anus”.
- Swelling around the anus.
- Bleeding bright red blood in the stools.
- Hard lump around the anus.



## TREATMENT OPTIONS

### 1. Home remedies:

- Cold compress: Lie down and apply an ice in wrapped in a cloth or paper towel can numb the pain while reducing the swelling and inflammation. This has a temporary effect.
- Warm compress: Lie down, apply a heated gel pack.
- Sitz bath: Lie in a warm tub of water with Epsom salt for at least 15 minutes several times per day. This helps to relieve the pain.
- Aloe Vera gel applied at the hemorrhoids for 15 minutes, then wash it off. This reduces the dryness and the itch at the area. This remedy might work for some individuals.
- Hemorrhoids wipes with Witch hazel. This might work for some individuals.

## TREATMENT OPTIONS

### 2. Over the counter medicines:

- Analgesics such as acetaminophen or ibuprofen for pain relief.
- Laxatives or stool softener to reduce the strain while passing motion.
- Hemorrhoid cream and suppositories which contain lidocaine with mild steroids.

## PREVENTION

**Making small changes in your diet and staying hydrated can help reduce your risk of getting hemorrhoids. However, do not solely depend on dietary changes. Here are some prevention tips you can apply:**

- Consuming high fiber diet: Vegetables, fruits, food grains which helps prevent constipation.
- Increasing consumption of water which prevents constipation.
- Reducing consumption of processed food, spicy food, fats and caffeine.
- Avoid sitting at the toilet bowl for too long. This can cause pooling of blood in the vein and hence the hemorrhoid formation.
- Engaging in regular exercises.
- Reducing weight.
- Avoid regular medication for constipation and diarrhoea.