

Hemorrhoids

- A.General Information
- 1.Definition.
- Hemorrhoids also known as piles are defined as abnormally large , bulging symptomatic clusters of dilated blood vessels , supporting tissues , and overlying mucosus membranes. Hemorrhoids can present in the lower rectum (inter hemorrhoids) or anus (external hemorrhoids).

- Epidemiology
- Hemorrhoids are common with approximately 10%-25% of population .The risk of developing hemorrhoids increases with advancing age and peaks in individuals 45-65 years of age.
- The incidence of hemorrhoids in pregnant women is higher than that of non-pregnant women of similar age.

- B.Type of hemorrhoids are determined by their vascular origin:
- 1-An internal hemorrhoid :
- Is an exaggerated vascular cushion,
- 2-An external hemorrhoid is a dilated vein
- 3- A mixed hemorrhoid appears as a baggy swelling.

- Origin:
- Although heredity may predispose person to hemorrhoids, the exact cause is probably related to acquired factors:
- 1-Situation that result in increase venous pressure :hard stool, prolonged sitting on the toilet, occupation ,pelvic tumors ,pregnancy.

- Signs/ Symptoms:
- 1- The most common sign/ symptom of hemorrhoids is painless bleeding occurring during bowel movement.
- 2-Pain is unusual unless thrombosis involving external tissue is present.
- 3-Discomfort ,pruritus ,swelling, burning may also occur

- A proper diagnosis is important ,because there are a number of condition that may produce symptoms like those of hemorrhoids, which usually require a physician's intervention :
- 1-An anal fissure
- 2-Inflammatory bowel diseases
- 3-Polyp, tumor of the large intestine
- 4-Colorectal cancer
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- Treatment:
- First and second degree hemorrhoids ,patients should avoid sitting on the toilet longer .
- Eating a high fiber diet and increasing water intake and physical activity.
- Bulk-forming laxative may help.
- OTC hemorrhoidal ointments ,creams and suppositories may also help relieve symptoms.

- Higher –grade hemorrhoids usually require specialized procedures:
- 1- Best treated with hemorrhoid banding (rubber band ligation).
- 2-Sclerotherapy injection of sclerosing agent into the hemorrhoids
- 3-Surgical hemorrhoidectomy.

- Non-prescription medication for hemorrhoids
- 1- Ointment , creams or suppositories:
- Generally the ointment or cream dosage form is believed to be superior to a suppository which may bypass the affected area. Patients should wash the anorectal area with mild soap and warm water and pat the area dry before applying a product.

- 2-Local anesthetics:
- Work by blocking nerve-impulse transmission
- Benzocaine 5%_20%
- Procto-foam 1%
- Benzyl alcohol 1%-4%
- Lidocaine 2%-5%
- Local anesthetics should be used for symptoms of pain, itching ,burning ,irritation .
- Advise patients not to use preparation longer than 7 days.

- 3- Hydrocortisone (0.25%-1%)
- Causes vasoconstriction .They have the potential to reduce itching ,inflammation .Hydrocortisone concentrations >1% are available by prescription only.

- 4-Astringents
- Action is limited to surface cells , but astringents provide temporary relief of itching , discomfort ,irritation and burning.Products considered to be safe and effective include calamine 5%-25% and zinc oxide 5%-25%

- Analgesics ,anesthetics ,and antipruritics :
- Provide temporary relief of burning ,discomfort ,itching and pain .Ingredients considered to be safe and effective for external use include menthol(0.1%-1%) and camphor 0.1%-3%)