

Haemorrhoidal Diseases Chart: Quick Reference Guide

Haemorrhoidal diseases, commonly known as piles, are a prevalent condition affecting millions of people worldwide. They occur when the veins in the anus or rectum become swollen and enlarged, causing discomfort, pain, and sometimes bleeding. While not life-threatening, haemorrhoidal diseases can significantly impair quality of life if left untreated.



Haemorrhoidal Diseases e-chart: Quick reference guide

by Matt Dinniman

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This comprehensive chart serves as a quick reference guide, providing a detailed overview of different types of haemorrhoidal diseases, their symptoms, causes, and available treatment options. It is essential for medical professionals, individuals experiencing symptoms of haemorrhoids, and those seeking information about this common condition.

Types of Haemorrhoidal Diseases

Haemorrhoidal diseases are classified into two primary types:

1. Internal Haemorrhoids:

Internal haemorrhoids develop within the rectum and are typically asymptomatic. However, they can protrude and become painful, leading to symptoms such as:

- Rectal bleeding (bright red blood) after bowel movements
- Swelling or discomfort around the anus
- Protrusion of haemorrhoids during bowel movements
- Itching or irritation
- A feeling of incomplete bowel evacuation

2. External Haemorrhoids:

External haemorrhoids form beneath the skin around the anus and can cause significant discomfort and pain. They often present with the following symptoms:

- Swelling or lumps around the anus
- Pain and tenderness
- Itching or burning sensation
- Bleeding (usually minimal)
- Skin tags (small flaps of excess skin that may develop around the haemorrhoid)

Causes of Haemorrhoidal Diseases

The development of haemorrhoidal diseases is primarily attributed to increased pressure on the veins in the anus and rectum. Several factors can contribute to this increased pressure, including:

- Straining during bowel movements (due to constipation or diarrhoea)
- Pregnancy
- Obesity
- Heavy lifting
- Prolonged sitting or standing
- Weak pelvic floor muscles
- Chronic cough or sneezing
- Age (over 50 years)

Treatment Options for Haemorrhoidal Diseases

Treatment for haemorrhoidal diseases depends on the severity and type of haemorrhoids present. Non-surgical options, such as lifestyle modifications and over-the-counter treatments, may be sufficient for mild cases. More severe cases may require surgical intervention.

Non-Surgical Treatment Options:

- **Lifestyle Modifications:** Increasing fiber intake, avoiding straining during bowel movements, and maintaining a healthy weight can help reduce symptoms and prevent recurrence.
- **Over-the-Counter Treatments:** Creams, ointments, and suppositories containing hydrocortisone, witch hazel, or lidocaine can provide

temporary relief from pain and itching.

- **Sitz Baths:** Soaking in warm water (Sitz baths) for 15-20 minutes several times a day can help soothe pain and inflammation.
- **Rubber Band Ligation:** This minimally invasive procedure involves placing small rubber bands around the base of internal haemorrhoids to cut off their blood supply, causing them to shrink and fall off.

Surgical Treatment Options:

Surgery may be recommended for large, prolapsed, or recurrent haemorrhoids that do not respond to non-surgical treatments. Common surgical procedures include:

- **Haemorrhoidectomy:** This involves surgical removal of the haemorrhoids.
- **Stapled Haemorrhoidopexy:** This technique uses a staple gun to reposition prolapsed internal haemorrhoids back into their normal position.
- **Laser Therapy:** Laser beams are used to shrink or destroy haemorrhoids.
- **Hemorrhoidal Artery Ligation:** This procedure involves identifying and ligating the blood vessels supplying the haemorrhoids.

Prevention of Haemorrhoidal Diseases

While not always avoidable, certain measures can help reduce the risk of developing haemorrhoidal diseases:

- Eat a high-fiber diet to prevent constipation and hard stools.

- Avoid straining during bowel movements.
- Get regular exercise to maintain healthy bowel function.
- Maintain a healthy weight.
- Practice Sitz baths to improve blood circulation in the anal area.
- Avoid prolonged sitting or standing.
- Address any underlying medical conditions that may contribute to increased pressure on the veins in the anus and rectum.

Haemorrhoidal diseases are common conditions that can cause significant discomfort and embarrassment. Understanding the different types, causes, and treatment options is crucial for effective management. By following preventive measures and seeking appropriate medical care, individuals can minimize the impact of haemorrhoidal diseases on their quality of life. This comprehensive chart serves as a valuable resource for both healthcare professionals and individuals seeking information about this condition.



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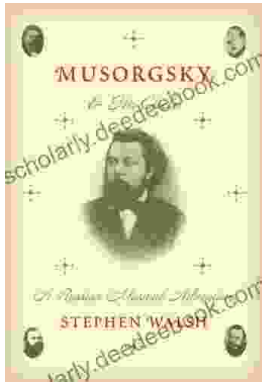
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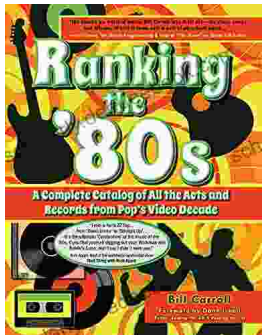
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