



Hemorrhoids

Hemorrhoids are normal tissue, which exist in the anal canal, and they consist of blood vessels, connective tissue, and a small amount of muscle. All humans have hemorrhoids and they assist in continence by acting as a cushion at the anal opening.

There are two types of hemorrhoids internal and external. External hemorrhoids are covered by skin and are very sensitive to touch. Internal hemorrhoids are covered by mucosa and are not sensitive to pain, pressure, or stretch. Because of the different locations, the treatment for internal and external hemorrhoids is different.

The exact cause of symptomatic hemorrhoids is unknown although increased pressure on the anal canal is a factor. Other contributing factors are aging, pregnancy, chronic constipation or diarrhea, straining during bowel movements, obesity, spending too long on the toilet, and hereditary.

Symptoms of hemorrhoids can include bleeding, pain, itching, bulging during bowel movements, and a painful lump.

There are a variety of treatment options for hemorrhoids and include dietary and lifestyle modification, topical creams, rubber band ligation, Transanal Hemorrhoidal Dearterialization (THD), and internal external hemorrhoidectomy. Acute thrombosed hemorrhoids can usually be treated in the office setting with a local anesthetic.

The above information is not meant to replace instructions from your healthcare provider. If you think you have symptomatic hemorrhoids please call our office for an appointment.