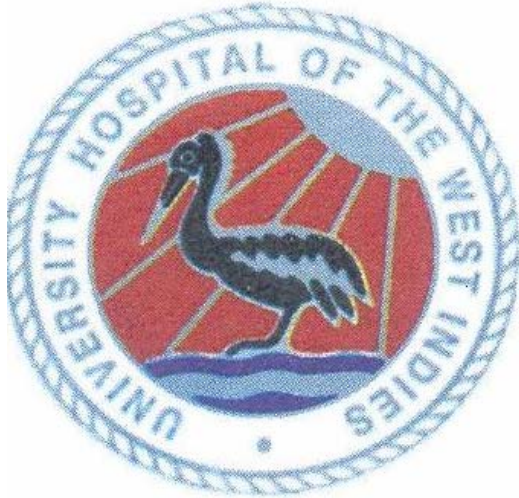


Accident & Emergency
Department



Patient Information

Hemorrhoids
(Piles)

Hemorrhoids

They are knobby varicose veins of the rectal or anal area, which can prolapse outside the anus and hang as small grape-like lumps.

The commonest cause is constipation, mainly due to the excessive straining because of the hard faeces. It is important to get into the habit of answering the call of nature. Other associations are heavy manual work, sitting for long periods and pregnancy. Piles are common and tend to develop between the ages of 20 and 50.

The main problem with piles is the bleeding that may occur during defecation. Bleeding can be just streaks of blood on toilet paper when wiping or the flow of bright red blood.

Piles can also cause a mucous discharge and itching around the anus with. Scratching makes it worst. hemorrhoids are not dangerous, but continuous bleeding can result in anemia. Any blood from the anus especially in persons over the age of 40 should be reported to your doctor.

The best treatment is prevention and softish bulky faeces that pass easily to prevent hemorrhoids. Train yourself to have a diet adequate in fiber by eating plenty of fresh fruit, vegetables and whole grain cereals or bran. Try to complete your bowel action within a few minutes and avoid using laxatives. Practice good hygiene after using the toilet. See your local doctor if pain, bleeding or non-reducible piles persist.