

PREVENTION

The best way to prevent hemorrhoids is to keep your stools soft, so they pass easily. To prevent hemorrhoids and reduce symptoms,

Follow these tips:

- **Eat high-fiber foods. Such as vegetables and whole grains**
- **Drink plenty of fluids. 6-8 cups of water every day.**
- **Consider fiber supplements.**
- **Don't strain or push when having a bowel movement**
- **Have a bowel movement as you feel the urge.**
- **Exercise regularly.**
- **Avoid long periods of standing or sitting.**



801 E. Nolana Ave, Ste 4
McAllen, Texas 78501

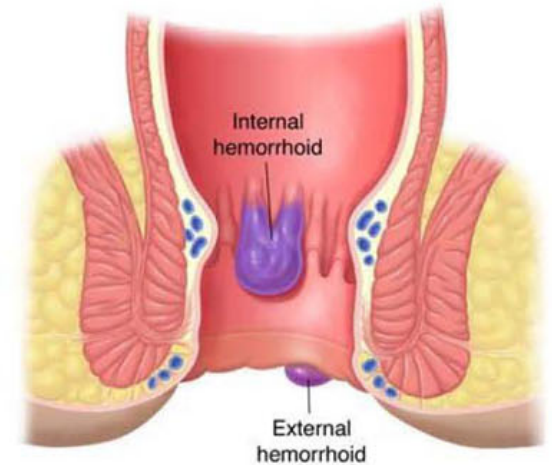
Phone: (956) 686-2626

www.texasgidocs.com

JOSE RODRIGUEZ, MD, FACP

		Mission	Z
		Shary Rd	
Expressway 83	Business 83	TGI [Red Box]	495 (Caffin Phwy)
		Taylor Rd	
		Waze Rd	
		McAllen	

Hemorrhoids



WHAT ARE HEMORRHOIDS?

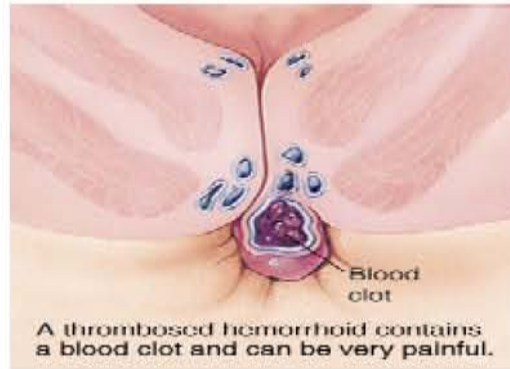
Hemorrhoids, also called piles, are swollen and inflamed veins in your anus and lower rectum. They are one of the most common nagging disorders. By the age of 50, more than 50% of adults have had hemorrhoids.

Internal hemorrhoids lie inside the rectum. You can't see or feel these hemorrhoids. **External** hemorrhoids are under the skin around your anus. When irritated, external hemorrhoids can itch or bleed.

CAUSES:

The veins around your anus tend to stretch under pressure and may bulge or swell. Swollen veins (hemorrhoids) can develop from an increase in pressure in the lower rectum. Causes may include:

- Straining during bowel movements
- Sitting for long periods of time on the toilet
- Chronic diarrhea or constipation
- Obesity
- Pregnancy
- Anal intercourse



SYMPTOMS:

Hemorrhoid symptoms usually depend on the location.

Signs and symptoms may include:

- Painless bleeding during bowel movements
- Itching or irritation in your anal region
- Pain or discomfort
- Hemorrhoids protruding from your anus
- Swelling around your anus
- A sensitive or painful lump near your anus
- Leakage of feces

TREATMENT

Dr. Rodriguez will recommend treatment depending on where they are, what problems that are causing and how serious they are. Often, time and normal healing reduce hemorrhoids with little or no specific treatment. When treatment is required the following the following are recommended:

1. Keeps the area clean, using a mild soap and gentle dabbing after a bowel movement.
2. Keep the area as dry as possible, using talcum powder and a pad of soft tissue to absorb moisture
3. Eat a diet high in fiber
4. Avoid straining when having a bowel movement
5. When pain and tenderness occur, a hot bath 2-4 times per day can provide relief and promote healing.

Local Measures: Medications

Such as over-the-counter creams, ointments, suppositories or pads.

Rubber Band Ligation. A



common method where Dr. Rodriguez will place one or two tiny rubber bands around the base of an internal hemorrhoid to cut off its circulation, causing it to fall off within a few days.

When medications and rubber band ligation are insufficient, other treatments may be required with a surgeon:

- **Hemorrhoidectomy.** Removes the excessive tissue that causes bleeding.
- **Stapling.** This procedure blocks blood flow to hemorrhoid tissue.