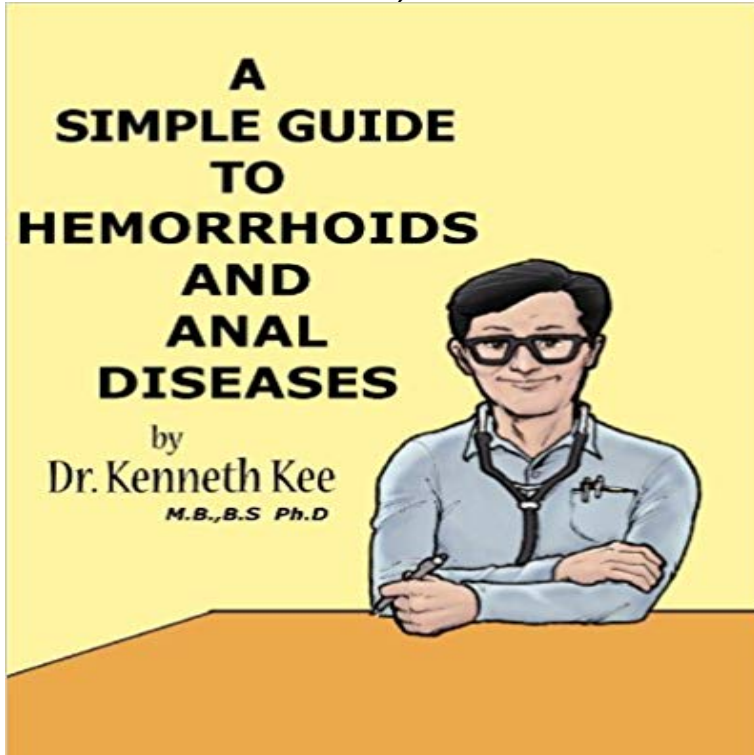


A Simple Guide to Hemorrhoids and Anal Diseases (A Simple Guide to Medical Conditions)



1. Hemorrhoids or piles are distended veins inside the anus which are swollen and inflamed. Hemorrhoids are either inside the anus (internal) or under the skin around the anus (external). Hemorrhoids usually result from straining to pass the stool out of anus. Other contributing factors include pregnancy, aging, chronic constipation or diarrhea. The most common symptom of internal hemorrhoids is 1, bleeding from the anus. Bright red blood may be seen covering the stool, on toilet paper, or dripping from the anus into the toilet bowl. 2. There may be pain too especially if the stool is hard. This could be due to the hard stools pressing on the swollen piles or due to a tear in the inner lining of the anus. 3. A painful swelling or a hard lump around the anus may occur when a blood clot forms. This condition is known as a thrombosed hemorrhoid. 4. In addition, excessive straining, rubbing, or cleaning around the anus may cause irritation with bleeding and/or itching. Hemorrhoids are very common in both men and women. About half of the population have hemorrhoids by age 50. Hemorrhoids are also common among pregnant women. The pressure of the fetus in the abdomen, as well as hormonal changes, causes the hemorrhoid vessels to enlarge. For most women, however, hemorrhoids caused by pregnancy are temporary.

2. Anal Fistula is a chronic granulous track which communicate between the anorectal canal and the perianal skin. There may be several external openings but only one internal opening. Anal Fistula usually result from: 1. breakdown of anorectal abscesses 2. follows surgery for anal fissure 3. Less common causes are: a. Lymphogranulomab. Carcinoma of rectum c. Ulcerative colitis, d. Tuberculosis

3. Anorectal abscess is a pocket of pus in the anal region below the anal sphincter muscles. Perianal abscess lies within the external anal

sphincter. Ischiorectal abscess is situated above the anal sphincter and in the ischiorectal fossa. Anorectal abscess is caused by infection in the anal glands of the anal mucosa and becomes abscesses or pockets of pus.

1. Trauma or injury causes cell damage and infection
2. Small mucosal tears from hard feces may lead to infection
3. Anal fissures, hemorrhoids or colitis can also lead to abscess

Most infections are E. coli infections less often staphylococcus.

4. Anal fissure is a tear in the opening of the anal sphincter usually caused by straining at stools as a result of constipation. The main cause is constipation and the passage of a hard stool. It occurs in babies as well as adults
5. Constipation by definition is a condition which is characterized by fewer than normal bowel movement than usual. It is accompanied by straining, incomplete evacuation and passage of hard stools. It is particularly common among the elderly and younger children. There are a few causes of constipation:
 1. Insufficient fiber (fruits, vegetables) to form bulk in the stools.
 2. Insufficient fluid in the diet (at least 8 glasses of water).
 3. Insufficient time to go to toilet when there is the urge to pass motion.
 4. Insufficient exercise to help the intestine to move especially after meals, common in sedentary jobs and older people
 5. Stress causes the constriction of the anal sphincter preventing the stools from passing.
 6. Depression on the other hand depresses the movement of the intestines.
 7. Drugs like cough mixture containing codeine, antispasmodic, antacids may also reduce the motility of the intestine.
 8. Pregnancy in the later stage causes the womb to press against the intestine.
 9. People with low thyroid hormone slows down the movement of the intestines.
 10. People with piles or pelvic space occupying swelling which may press against the intestine or rectum.

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