

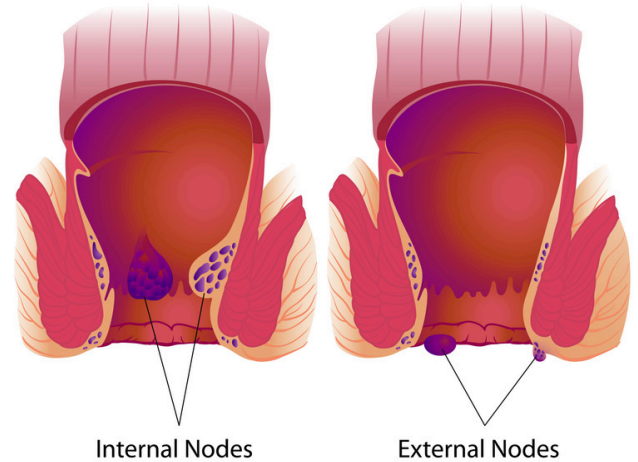


HEMORRHOIDS

What are Hemorrhoids?

Hemorrhoids are swollen veins in the anus and lower rectum and are typically caused by repeated or constant pressure to the anal or rectal veins causing them to stretch and possibly buldge or swell.

- (2) Types of Hemorrhoids (see right)
 - Internal - develop inside the rectum
 - External - develop under skin around anus



Symptoms



Bleeding during
bowel movements



Pain & Discomfort



Burning, Itching, Irritation

Causes

Hemorrhoids can develop from increased pressure in the lower rectum due to: straining during bowel movements, sitting for long periods of time including on the toilet, chronic diarrhea or constipation, obesity, pregnancy, anal intercourse, low-fiber diet, regularly lifting heavy items.

Hemorrhoids can be normal, however bleeding during bowel movements always needs to be evaluated by your medical provider to determine the best next steps.

When is it NOT a Hemorrhoid?

If you have excessive bleeding during bowel movements

- Changes in bowel habits (diarrhea or constipation)
- Changes in stool color or consistency

Before you visit your doctor:



- What symptoms and how often they are occurring
- Streaks of blood in the toilet, on toilet paper or on stool
- Location and severity of pain or discomfort
- Changes to your bowel movements
- A list of medications you are taking and why you are taking them
- Questions you want answered during the appointment

