

# Diagnosis and Treatment of Hemorrhoids

**H**emorrhoids are a very common medical problem experienced by many men and women. Hemorrhoids occur when veins in the anal area swell. When the swelling is inside the rectum they are internal hemorrhoids. Outside the rectum, the swollen veins are known as external hemorrhoids. Some of the usual causes of the swelling veins are bowel irregularity and straining throughout bowel movements, having a baby and anything else that contributes to pressure on the problematic veins in the anal area.



## Symptoms of External Hemorrhoids are Itching or Pain in the Anal Area

Straining to have a bowel movement can result in the hemorrhoids to bleed. Internal hemorrhoids rarely cause pain or even itching but they may bleed. Anal bleeding can be a symptom of something much more serious so do not assume that hemorrhoids are the cause.

## Some Patients Choose to Discuss the Issue With Their Family Physician First

Others choose to go directly to a proctologist. A proctologist is a physician who specializes in treating disorders of the anus, rectum and colon. There are many online websites and resources for finding a proctologist in your area or you may wish to start with your family doctor and find out if he or she would recommend a visit to a proctologist.

Your family doctor or proctologist will diagnose hemorrhoids with an exam that may involve inserting their gloved finger into the patient's rectum or using a lighted scope to get a view of the area. As soon as the diagnosis of hemorrhoids is made, a number of treatments are available.

Non-surgical procedures to treat hemorrhoids include shrinking the hemorrhoid by putting a small rubber band about it or injecting it together with a solution. Other methods cut off the blood supply to the hemorrhoid with infrared light or a laser. These methods are intended to shrink the hemorrhoid. If none of these methods work, surgery may be necessary to remove the hemorrhoids.

One of the more recent non-surgical procedures uses a very low direct current that is gently applied to the hemorrhoid, targeting the blood vessel leading to the particular hemorrhoid. When blood flow to the hemorrhoid is disrupted, the hemorrhoid actually starts to shrink. It will continue to shrink for 7-10 days after treatment. The procedure only takes about 10 minutes to perform and also demands no anesthesia or even special preparations. Patients are able to go back to their normal activities immediately after treatment.

Ethan Smith lives in North Carolina and writes articles on many health topics. If you are considering a visit to a proctologist or need to learn more about hemorrhoid remedy, visit <http://hdtreatmentcenter.com>.

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