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Long Term Prevention of Hemorrhoids

Now that you have had your hemorrhoids treated with the CRH O'Regan System, it should be stressed that dietary and behavioral changes may limit the risk of recurrence of hemorrhoidal issues. A certain percentage of patients will develop recurrent hemorrhoids, regardless of the treatment used (including surgery). Fortunately, the rate of recurrence after treatment with the CRH O'Regan System is quite low, with less than 5% of patients having some degree of recurrence 2 years after treatment. Recurrences, whether following surgery or any other modality of treatment, can be treated with the CRH O'Regan System.

Several things could be done to decrease the chance of recurrence of the hemorrhoids:

Fiber: Western diets are typically deficient in dietary fiber, and the addition of 15-20 gm of fiber will help you have stools that are of a softer consistency, and will pass easily without the need to strain. Straining promotes the formation of hemorrhoids. The preferred type of fiber is the powder-water soluble one which can be obtained from local pharmacies.

Fluid: Drink a sufficient amount of fluid during the day, to help the fiber "do its job". Unless you have a medical condition which requires you to restrict water intake, try to drink 6-8 glasses of water a day.

Do not strain: As mentioned above, straining is a principal cause of problematic hemorrhoids. Limit your sitting on the commode to no longer than 2 minutes. Do not block the urge and hold your bowel from moving. This tends to generate harder stools that are more difficult to pass, hence the need to strain and hence the formation of hemorrhoids.

Exercise: Exercising routinely, particularly walking, jogging and hiking, are known to stimulate colonic emptying, and to stimulate the formation of soft stools that are easier to pass.

Hemorrhoids and fissures are very common causes of ano-rectal bleeding or blood in the stool. There are a number of other conditions that can present in that fashion, including, polyps of the colon, colon cancer and inflammation of the colon (colitis). As such, it is important to realize that just because you have hemorrhoids or a fissure, it does not mean that you do not have another condition causing the bleeding. Thus, it is important to have an evaluation of your colon with a colonoscopy before embarking on having the hemorrhoids treated, for fear of missing a more serious problem.