



## Hemorrhoids: Understanding a Common yet Painful Condition

Wong Peng\*

Department of Gastrointestinal System, University of Science and Technology, China

### DESCRIPTION

Hemorrhoids, often referred to as piles, are a prevalent yet often misunderstood medical condition affecting millions of individuals worldwide. These swollen veins in the rectum and anus can cause discomfort, pain, and in some cases, significant impairment of daily life. While hemorrhoids are typically not life-threatening, they can be a source of considerable distress and embarrassment for those affected. Understanding the causes, symptoms, and treatment options for hemorrhoids is essential for effective management and relief. Hemorrhoids occur when the veins in the rectum or anus become swollen or inflamed, leading to the formation of clusters of tissue resembling small cushions. There are two main types of hemorrhoids: internal and external. Internal hemorrhoids develop inside the rectum and may protrude through the anus, while external hemorrhoids form under the skin around the anus and are often visible or palpable. The exact cause of hemorrhoids is not always clear, but several factors can contribute to their development. Straining during bowel movements, chronic constipation or diarrhea, sitting for prolonged periods, obesity, pregnancy, and aging are all recognized risk factors for hemorrhoids. Additionally, a family history of hemorrhoids may predispose individuals to develop the condition. Symptoms of hemorrhoids can vary depending on the type and severity of the condition. Internal hemorrhoids may cause painless rectal bleeding during bowel movements, along with a feeling of incomplete evacuation or rectal discomfort. External hemorrhoids, on the other hand, can be more painful and may cause itching, swelling, and irritation around the anus. In some cases, blood clots may form within external hemorrhoids, leading to a condition known as thrombosed hemorrhoids, which can cause severe pain and swelling. Diagnosing hemorrhoids typically involves a thorough medical history and physical examination by a healthcare professional.

In some cases, additional tests such as a digital rectal exam, sigmoidoscopy, or colonoscopy may be recommended to rule out other potential causes of symptoms such as colorectal cancer or inflammatory bowel disease. Treatment for hemorrhoids aims to relieve symptoms, reduce inflammation, and improve the overall health of the affected area. Mild cases of hemorrhoids may respond well to conservative measures such as dietary modifications, increased fiber intake, over-the-counter medications, and lifestyle changes to promote regular bowel movements and reduce straining. Topical treatments such as creams, ointments, or suppositories may also provide symptomatic relief by reducing pain and inflammation. For more severe or persistent cases of hemorrhoids, medical interventions may be necessary. Procedures such as rubber band ligation, sclerotherapy, or infrared coagulation can be performed to shrink or remove internal hemorrhoids. External hemorrhoids that do not respond to conservative measures may require incision and drainage of blood clots to alleviate pain and swelling. In rare cases where conservative and minimally invasive treatments are ineffective, surgical removal of hemorrhoids may be considered. Preventing hemorrhoids involves adopting healthy habits and lifestyle choices that promote regular bowel movements and minimize strain on the rectal area. Eating a high-fiber diet, staying hydrated, avoiding prolonged sitting or straining during bowel movements, and maintaining a healthy weight can all help reduce the risk of developing hemorrhoids.

### ACKNOWLEDGEMENT

None.

### CONFLICT OF INTEREST

The authors declare that they have no conflict of interest.

<b>Received:</b>	01-April-2024	<b>Manuscript No:</b>	IPJCGH-24-19680
<b>Editor assigned:</b>	03-April-2024	<b>PreQC No:</b>	IPJCGH-24-19680 (PQ)
<b>Reviewed:</b>	17-April-2024	<b>QC No:</b>	IPJCGH-24-19680
<b>Revised:</b>	22-April-2024	<b>Manuscript No:</b>	IPJCGH-24-196780 (R)
<b>Published:</b>	29-April-2024	<b>DOI:</b>	10.36648/2575-7733.8.2.18

**Corresponding author** Wong Peng, Department of Gastrointestinal System, University of Science and Technology, China, E-mail: peng@gmail.com

**Citation** Peng W (2024) Hemorrhoids: Understanding a Common yet Painful Condition. J Clin Gastroenterol Hepatol. 8:18.

**Copyright** © 2024 Peng W. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.