



**AdvaCare Clinics**  
Advanced Healthcare Solutions

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## AdvaCare Clinics: Hemorrhoid Discomfort & Symptom Relief



### Non-Surgical Alternative Hemorrhoid Treatment

If you suffer from hemorrhoids, know that you are not alone! Hemorrhoids are one of the most common conditions to affect humans.

It is believed that hemorrhoids affect as many as 75% of the US population at some time during their lives and around 5% of the population is affected at any given time. Both sexes experience approximately the same incidence of the condition with rates peaking between 45 and 65 years old.

Because of the fear and embarrassment we have developed towards hemorrhoids, many people seek medical intervention only when the case is advanced. Unfortunately, this leads to a delay in obtaining safe and effective care.

### What are hemorrhoids?

Hemorrhoids, which are swollen veins in the lower rectum or anus, can be internal or external.

**Internal Hemorrhoids** – This form of hemorrhoid is inside the rectum. Internal hemorrhoids usually don't cause pain or protrude from the anus during bowel movements, but they may bleed. An internal hemorrhoid that prolapses, or extends outside the anus, can be quite painful.

**External Hemorrhoids** – This form of hemorrhoid is located around the anus and when inflamed feels like a hard lump. They are covered by skin, are very sensitive to touch, and can bleed, especially while straining during a hard bowel movement.

Internal and external hemorrhoids may present differently, however, many people may have a combination of the two. Always consult a physician to determine whether you have the internal or external type.

**Symptoms of hemorrhoids include:**

- The most common symptom of internal hemorrhoids is bleeding during bowel movements. You may find bright red streaks of blood on the toilet paper or bright red blood in the toilet bowl after having a normal bowel movement. Blood also may be visible on the surface of the stool.
- Anal itching – This is a frequent complaint, because internal hemorrhoids often seep mucus, which can irritate the anal skin and cause itching.
- Pain – Most internal hemorrhoids are not painful. But large hemorrhoids that bulge from the anus may become painful if they swell and are squeezed by the muscles that control the anus. Severe pain may be a sign that the blood supply to the hemorrhoid is being cut off (strangulated hemorrhoid).
- Hemorrhoids that protrude through the anus (called prolapsed hemorrhoids).

While many topical agents and suppositories that are available may provide temporary relief for some, they do nothing to help reduce the increased pressure in the rectum. Instead, they can get progressively worse over time, growing in both size and number. Some chronic sufferers develop hemorrhoids in as many as three locations.

Surgery is never a preferred option. There are significant potential complications from surgical hemorrhoidectomy. The painful recovery can last weeks.

Fortunately, you don't have to put up with recurring flare-ups and increasing pain. You can seek professional medical treatment now, and end your discomfort for good.

**Non-Surgical Hemorrhoid Treatment**

**Ultroid® Hemorrhoid Management System**

The Ultroid® Hemorrhoid treatment is a non-surgical, non-invasive procedure that can take as little as 15 minutes. Ultroid® Hemorrhoid Management System delivers a very low direct current to the hemorrhoid. Ultroid® allows you to return to your usual daily activities on the day of treatment. Some people experience immediate relief, but typically the hemorrhoid shrinks over the next 7-10 days.

**Hemorrhoid Banding**

Hemorrhoid banding is an outpatient procedure for removal of painful, swollen hemorrhoids that is well tolerated and rarely causes much pain. In this procedure, a small band is applied to the base of the hemorrhoid, cutting off the blood supply to the hemorrhoid which reduces its size and pressure. The band may fall off as soon as 48 hours after the banding (the band may occasionally be seen in the toilet bowl following a bowel movement).

Hemorrhoid Banding is a popular procedure, as it involves less pain than surgical treatments of hemorrhoids, as well as a shorter recovery period. Its success rate is between 60 and 80% and has the lowest complication rate of any effective treatment.

For more information or to schedule an office based procedure, please give us a call at 952-835-6653.

