

## **Are your piles stopping you from sitting down?**

On Tuesday 28 September, Consultant General and Colorectal Surgeons, [Mr Deya Marzouk](#) and [Mr Jacek Adamek](#) welcomed participants to our [haemorrhoid treatments](#) and [Rafaelo®](#), webinar.

Mr Adamek and Mr Marzouk shared their expert knowledge of the causes of haemorrhoids, the symptoms to look out for and spoke about the self-pay treatment Rafaelo® that we offer at our Care Quality Commission (CQC) rated Outstanding hospital.

Haemorrhoids/piles are a relatively common complaint. Did you know that more than 80% of us will suffer from piles at some point in our lives?

## **What are haemorrhoids?**

Your anus is lined with a sponge-like tissue which is supplied with blood vessels and helps your anus to close. Sometimes the blood vessels can become enlarged and become round discoloured lumps (piles or haemorrhoids) which can then cause symptoms such as pain, a feeling of fullness in your anus, bleeding when you poo or a mucous discharge.

There are different types of haemorrhoids and these are classified according to the level of protrusion outside the anus.

## **What causes haemorrhoids?**

The exact cause of haemorrhoids isn't clear but straining and constipation when opening your bowels may make symptoms worse. Haemorrhoids are also very common during pregnancy, due to increased pressure on the pelvic blood vessels. Chronic (long-term) diarrhoea can also make you more susceptible to haemorrhoids.

You may be more prone to developing haemorrhoids due to:

- Pregnancy
- Regularly lifting heavy objects
- A persistent cough or repeated vomiting
- Constipation or straining when going to the toilet

## **What is the treatment for haemorrhoids?**

Haemorrhoids often clear up by themselves, without intervention, after a few days. Often simple dietary changes and self-care can help reduce the occurrence of haemorrhoids. For example, if constipation is the cause, then extra fibre in your diet will keep your stools soft and avoid the need for straining.

If you're experiencing itching and discomfort there are many readily available, over-the-counter treatments or piles cream that can reduce these symptoms. You can speak to a Pharmacist to find the best haemorrhoid cream for you.

If your symptoms are more severe, you may need further private treatment for haemorrhoids, such as:

- The Rafaello® Procedure (shrinking and eliminating haemorrhoids using radio frequency energy)
- Banding of haemorrhoids (removing them by restricting their blood flow)
- Haemorrhoidectomy (the surgical removal of haemorrhoids)

Mr Adamek, Consultant General and Colorectal Surgeon, said: “It is one of the most common conditions in general surgical practice. Everyone has them, it is just that no-one has ever been told that. 50% of those affected are aged over 50, and there are over eight million people in the UK who suffer with haemorrhoids.

“It is important that patients seek medical help and a professional examination if what they think is their hemorrhoids becoming:

- Thickened and start to enlarge
- Acutely painful and swollen
- Start to bleed more and more

“There are dietary lifestyle changes that can be made such as keeping well hydrated, eating plenty of fruit and vegetables and including bran in your diet. There are also creams that can be applied such as Proctosedyl and Anusol.

“Your Consultant will recommend which treatment for haemorrhoids is best for you.”

At our CQC rated Outstanding hospital we offer self-pay treatment in a comfortable, discreet and reassuring environment in the heart of rural Kent.

### **Contact us about the Rafaello® procedure**

It's easy to find out more about treatment by giving us a call on **01580 363571** or completing our [online enquiry form](#).