

Bariatric *focus*

HELPING PATIENTS STAY FOCUSED ON WEIGHT LOSS EVERY DAY

THD repairs hemorrhoids without the need for tissue excision

New Painless Surgery for Hemorrhoids Available

Approximately 75 % of Americans suffer from hemorrhoids at some point in their life. Hemorrhoids are swollen veins in the anal canal and can be internal, external or both. They are usually caused by too much pressure on the veins in the pelvic and rectal area. This increased pressure can come from frequent straining to move stool (constipation), pregnancy and labor as well as age (the older you are the more likely you are to suffer from hemorrhoids). Experts also agree that overweight and obesity play a role in hemorrhoids as a great many people who are obese also suffer from hemorrhoids.

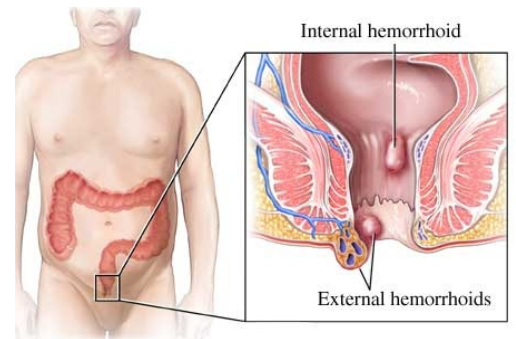
Hemorrhoids most commonly cause bleeding during bowel movements with streaks of bright red blood on toilet paper, in the toilet bowl or on the surface of the stool, itching or discomfort and sometimes pain in the anal area. Internal hemorrhoids often are small. As they get larger however, they start bulging out of the anus during bowel movements and may need to be digitally reduced back inside. Ultimately, they may be protruding out all the time.

Keep in mind though that rectal bleeding can be a sign of a more serious problem, such as colon or rectal cancer and should not always be simply attributed to hemorrhoids. Make sure you get evaluated and your doctor may order a colonoscopy to look at the entire colon to check for other causes of bleeding.

Luckily, hemorrhoids are very treatable. Unfortunately, some individuals leave their hemorrhoids untreated because they either don't know how to treat them properly or are too embarrassed to visit their doctor when the hemorrhoids become more severe.

Most hemorrhoids respond to non-surgical treatment such as increasing intake of dietary fibers and avoiding constipation (stool softeners), taking warm sitz (tub) baths, not straining to have a bowel movement, taking all of the reading material out of the bathroom, weight loss and using certain creams to help shrink hemorrhoids.

Occasionally, large internal hemorrhoids and those which continue to cause bleeding, pain or protrusion despite good medical treatment may need a procedure to remove



them such as tying them off with rubber bands or scarring the tissue around them.

Traditionally, if these treatments don't work or are not an option, surgery (hemorrhoidectomy) is needed. This is a radical procedure where the hemorrhoid is surgically excised and is usually associated with significant pain and a long period of inactivity and recovery.

Fortunately, there is a newer, less invasive and virtually painless option to surgically treat hemorrhoids. "THD is a new procedure, explains Dr J. R. Salameh, where sutures are used to tie-off the blood flow to the hemorrhoids allowing them to shrink without excision of tissue and also pull the tissue back in to its normal anatomical position in order to repair the prolapse." The procedure is offered as an out-patient surgery. Since no tissue is cut, THD is associated with minimal discomfort. For more information about THD or to schedule a consultation, contact Surgical Associates at 703.717.4250.

Nutrition Tip of The Month

Fiber Is Good for Your Colon... and Your Heart.

Fiber is known for its benefits for your digestive system and its role in colon cancer prevention, and fiber is good for the heart, too. Years of research suggest soluble fibers in beans, psyllium, oats, flaxseed and oat bran help lower blood cholesterol levels for some people. Additionally, a high-fiber diet might be lower in fat and may also help displace fattier foods you do eat.

To reap the heart-health benefits of fiber, your diet must include soluble fiber. Research suggests it takes 3 grams a day for a cholesterol-lowering effect. Here are some equivalents:

1½ cups of cooked oatmeal or ready-to-eat oat bran cereals

¾ cup of uncooked oatmeal (added to meat loaf salmon, or as topping for yogurt or fruit).

Don't overdo your fiber intake. Eating more than 50 to 60 grams of fiber in a day can also lower the absorption of other vitamins and minerals that occurs during digestion.

Support Group Meeting

Thursday

27

Our next bariatric surgery support group meeting is Thursday, May 27 at 18:30 See you there!



Location: Surgical Associates Office