

## Dispelling myths

No question, hemorrhoids are still considered a taboo subject. This is one of the reasons why false convictions have stubbornly persisted.

**Myth: Hemorrhoidal disease originates from sitting on the sidewalk.**

Cold stones or heated car seats are often blamed for the formation of enlarged hemorrhoids. This is definitely not the case. "Cold sitting", however, can cause [anal thrombosis](#).

**Myth: Excessive cycling may cause hemorrhoidal disease.**

The assumption that hemorrhoidal disease may originate from excessive cycling and a hard bicycle saddle is also wrong. Cycling relieves the pelvic floor and thus may be favorable in the early stages of the disease.

**Myth: Only older people are affected.**

Hemorrhoidal disease is a very common condition in adults. Increased pressure on rectal veins, can lead to enlargement of hemorrhoids at any adult age mostly between 30 and 60 years.

**Myth: There is no cure for hemorrhoidal disease.**

Depending on the stage of the disease, there is a variety of therapy options available. These include changes in diet and life style, [topical treatment](#), less invasive methods such as sclerotherapy or rubber band ligation, surgery, DGHAL, MIPH, Suture anopexy etc.

**Myth: Anal intercourse is responsible for hemorrhoids.**

Anal intercourse may decrease anal pressure but is not responsible for anal incontinence and hemorrhoidal disease.

## HEMORRHOIDAL DISEASE

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It is estimated that one in two people suffer from hemorrhoidal disease at some point in their

## You are not alone

Many people have hemorrhoidal disease. They often suffer in silence for a long time period before seeking professional help. The following examples are provided to remind you that you are not alone with your symptoms.



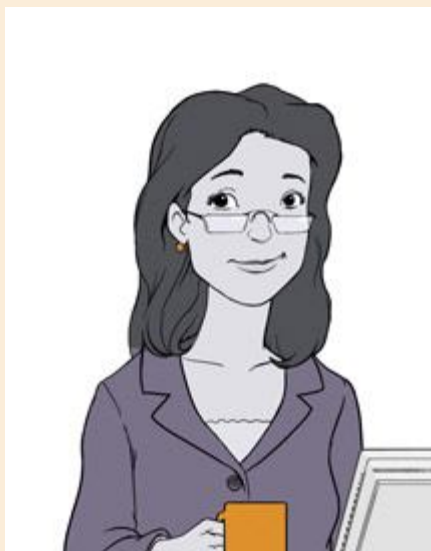
**Ramlal, 32, bus driver**

I thought that only elderly people get hemorrhoidal disease. At first it was hard to admit that I had 'hemorrhoids' myself. They gradually got worse due to my job and having to spend so much time sitting down. Finally, I visited my doctor. Today I am free of symptoms – after taking treatment



**Barbara, 65, housewife**

I have always had great fear of having surgery. One day, my friend suggested I should see a **proctologist**. It cost me some effort to go there, but I finally got competent help and had an outpatient-procedure which was nearly painless. Today I am happy.



**Leena, 32, management assistant, mother of a one-year-old daughter**

I was surprised to see how many other women had the same hemorrhoid problems as I did during pregnancy or after giving birth. In my case, chronic constipation made things worse and having sever pain. Then I consult a **Proctologist**, Now I am allright.



**Shokat, 40, real estate agent**

After experiencing the first symptoms I was pretty sure that I had a hemorrhoid problem. Nothing to worry about, I thought, and ignored it. Thank god, my wife didn't give up and eventually convinced me that I should see a proctologist. I was diagnosed with an inflammation of the intestinal wall, which will now hopefully respond to treatment. What looks like a hemorrhoid problem might not necessarily

## Taking heart

**Nobody likes to talk about haemorrhoids and other anorectal diseases. Thus, many people with this problem put off seeing their doctor for too long.**

You may have some good reasons for being reluctant to consult a Proctologist:

a busy schedule, the fear of embarrassment or painful surgery, or panic that it could be something worse. But neighbors, colleagues or family members are not the ones to turn to for help in clarifying the cause of your symptoms. Often they even don't want to hear about your hemorrhoid complaints. Moreover, the expert advice of your pharmacist will be much more accurate if it is based on a thorough diagnosis established by a Proctologist.

Your Proctologist is exactly the right person to talk to. After a thorough examination he will discuss with you the appropriate therapeutic options – of which surgery is only one among many. In fact, hemorrhoidectomy or MIPH is considered to be the last option after all other possibilities have been exhausted or in advanced cases.

**Stop sitting on your symptoms – check with a qualified Proctologist.**