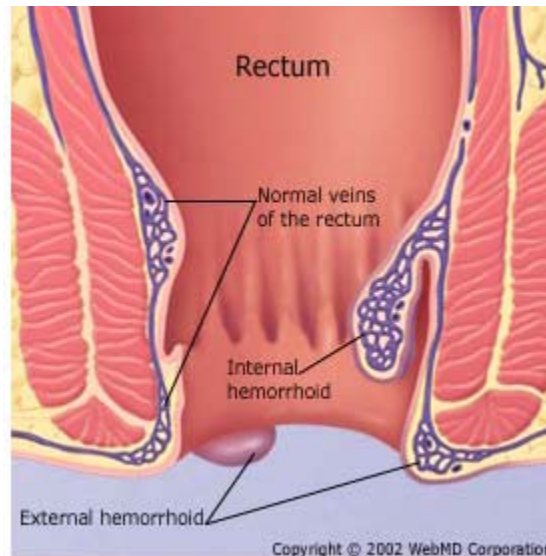


Hemorrhoids



- **How are bleeding Hemorrhoid prevented :**
By keeping the stools soft and decreasing straining . Increased fiber in the diet helps reduce constipation and straining .
- **Bleeding Internal Hemorrhoids :**
Can be treated by using topical creams and suppositories , as prescribed by your doctor . But in some cases where bleeding is significant , they can be treated surgically . Internal hemorrhoids can be surgically treated in an out-patient setting by two methods :
 1. **Rubber Band Ligation** - Patient is given short acting sedation , then a special rubber band is placed on the hemorrhoid base cutting off the blood circulation . In turn, the hemorrhoid will wither away in a few days .
 2. **Electrical Bipolar Cautery** – Patient is given short acting sedation , then the hemorrhoids are burned (desiccated) by using a specialized probe .