Hemorrhoids, Fissures, and Pruritis

OUTLINE

- BASIC
- PRACTICAL
- CHALLENGES
Hemorrhoids - Basic

- 4 degrees – related to prolapse
- Painless Bleeding
- Anal Verge type
- 8 C’s of diagnosis

Hemorrhoids - Basic

- Constipation

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- Constipation
  - Conception
Hemorrhoids - Basic

- Constipation
- Conception
- Congenital
- Construction (straining)
- COPD (Chronic cough)
Hemorrhoids - Basic

- Constipation
- Conception
- Congenital
- Construction (straining)
- COPD (Chronic cough)
- Cirrhosis
- Cancer
Hemorrhoids - Basic

- Constipation
- Concept
- Congenital
- Construction (straining)
- COPD (Chronic cough)
- Crohn’s
- Cancer

Hemorrhoids - Practical

- 1st degree = diet
- 2nd and 3rd diet then referral (candidate for banding)
- 4th = surgery (banding 50% effective only)
- Thrombosed Hemorrhoid - History and Exam - painful bluish nodule max benefit if excised within 48 hrs.
- If scope if under 40 respond to conservative measures not necessary
- Over 50 = scope
- Clinically very worried for proximal disease = call or CT Colonography

Hemorrhoids - Challenges

- Many patients have mixed symptoms
- Everything is a hemorrhoid
- Tags often pruritis beware fissure
- Cirrhosis, anticoagulation patient
FISSURES - Basic

- Anterior and Posterior Midline
- Pain with BM (much worse)
- Tight internal sphincter palpation
- Sentinel Tag

FISSURES - Practical

- Look!
- Feel internal sphincter
- Diltiazem 2% tid for 6-8 weeks should improve usually by 10 days
- Avoid constipation
- If fails refer for Botox injection

FISSURES - Challenges

- Relaxed internal sphincter and ulcer
- Beware lateral non-standard fissures
- Surgery options
PRURITIS ANI - Basic

- Common Initiators:
  - Dietary - chocolate, tomato, hot spice
  - Mechanical - moisture - sweating, stool, (incontinence, diarrhea)
  - Cycle - Irritate - excessive cleansing, irritate, etc.

PRURITIS ANI - Practical

- None medical management (see handout)
  - Important - patient buy in necessary fiber and dietary management
  - Medical - Proprietary - Anusol, Calmoseptine, Witch Hazel
  - Medical - Steroid and Antifungal

PRURITIS ANI - Challenges

- If asymmetric, or leukoplakia, or if complaint patient with no improvement will need biopsy under local
- Pruritis differential also pinworms, fistula, condylomata