

Mayo Clinic Medical Edge

Treating Hemorrhoids

1:00

Log	Audio
Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	YOU HEAR THE ADS A LOT... PUSHING TREATMENT FOR HEMORRHOIDS. THEY'RE A COMMON PROBLEM. BUT IN MOST CASES, HEMORRHOIDS CAUSE NO SYMPTOMS AND USUALLY GO AWAY ON THEIR OWN. IF NOT, MAYO CLINIC DR MARK LARSON RECOMMENDS STARTING WITH SOME CONSERVATIVE MEASURES
Mark Larson, M.D.	"ADDING FIBER TO THE DIET ALONG WITH PLENTY OF WATER, SITZ BATHS ON A REGULAR BASIS, AND PERHAPS SOME TOPICAL THERAPY AS WELL."
	NOW IF MORE IS REQUIRED... IF

	<p>SYMPTOMS PERSIST OR KEEP COMING BACK, MORE INVASIVE MEASURES MAY BE IN ORDER.</p>
<p>Dr. Larson</p>	<p>“THE MOST COMMON AND PROBABLY MOST EFFECTIVE WAY TO TREAT THE HEMORRHOIDAL TISSUE WOULD BE TO PLACE SMALL RUBBER BANDS OVER THE VEINS THAT ARE DILATED, AND THAT CAUSES THE TISSUE TO SHRINK; THEY’RE BASICALLY STRANGULATED AND THEY FALL OFF.”</p>
	<p>THAT’S AN OUT-PATIENT PROCEDURE. BUT IF THAT DOESN’T WORK, SURGERY TO REMOVE THE HEMORRHOID MAY BE NECESSARY.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.</p>