

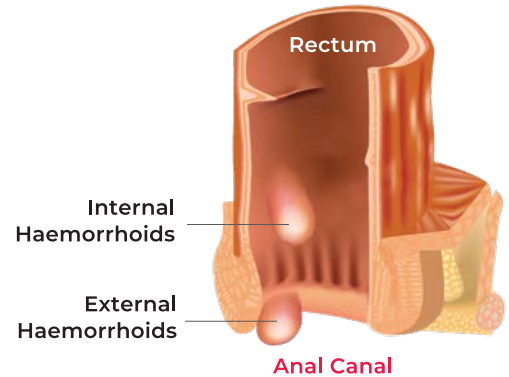
Haemorrhoids

Common in Working Adults

Haemorrhoids, also known as piles, is one of the most common manifestations of venous insufficiency. Haemorrhoids are very common in both men and women. Haemorrhoids are swollen and enlarged blood vessels which are found inside (internal haemorrhoids) or under the skin around the rectum and anus (external haemorrhoids). They do not always cause symptoms and some people do not even realize about them. However, they may have high impact on quality of life as they may cause anal discharges and itching.

Nearly 75% of adults experience haemorrhoids from time to time in their life. In United States, the number of self-reported incidence of haemorrhoids is 10 million per year. In Malaysia, however, according to Hospital Putrajaya, there is no exact figure on the prevalence rate of haemorrhoids. This could be due to our culture whereby patients feel embarrassed to tell the healthcare professional about their condition and refuse to seek for medical advice.

Study had shown that people with higher socioeconomic status is associated with increased incidence of haemorrhoids. This higher occurrence may be due to the busy and stressful lifestyle and unhealthy habits of the white collar workers. Their busy working schedules are causing them to feel stressful and ignore the urge to go toilet which may later lead to the developing of haemorrhoids. Furthermore, most of them are sitting in the office for at least 8 hours a day with minimum movement. Prolonged sitting in the office can also lead to higher incidence of haemorrhoids. This condition is further worsened by the imbalanced diet which is lack of fibre and poor eating habits, and subsequently leading to constipation. Constipation is associated with an increased risk of haemorrhoids as straining during bowel movements can cause haemorrhoids.



Lifestyle Modification



Eat high fibre foods

Eat more fruits, vegetables and whole grains will help soften the stools and increase its bulk. This will reduce straining which causes haemorrhoids.



Drink plenty of fluids

Drink 6 to 8 glasses of water and other liquids (not alcohol or caffeine drink) every day to help keep the stools soft.



Exercise regularly

Stay active can help to prevent constipation and reduce pressure on veins, which can occur with prolonged sitting.



Avoid prolonged sitting

Sitting too long will increase the pressure on veins and lead to haemorrhoids.



Go toilet whenever you feel the urge

Delay in going to toilet and the urge goes away will lead to stool dry out and become harder to pass out.

Red Vine Leaf

There are various natural supplements that you can take to manage and prevent haemorrhoids and chronic venous insufficiency (CVI). Red vine (*Vitis vinifera*) leaf is originated from Mediterranean region and traditionally been used both internally and externally to improve blood circulation as well as treat the symptoms associated with haemorrhoids and skin capillary fragility. Red vine leaf contains flavonoids which can increase vascular tone, reduce venous capacity and decrease capillary permeability. Studies of red vine leaf extract have confirmed its safety and effectiveness in the treatment of mild CVI.

References: (1) Holger K et al. Efficacy of orally administered extract of red vine leaf AS 195 (folia vitis viniferae) in chronic venous insufficiency (stages I-II). A randomized, double-blind, placebo-controlled trial. *Arzneimittelforschung Drug Research*. (2000) 50(2): 109-117. (2) Hemorrhoids. Retrieved from: <https://www.mayoclinic.org/diseases-conditions/hemorrhoids/symptoms-causes/syc-20360268> (March 10, 2021)

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