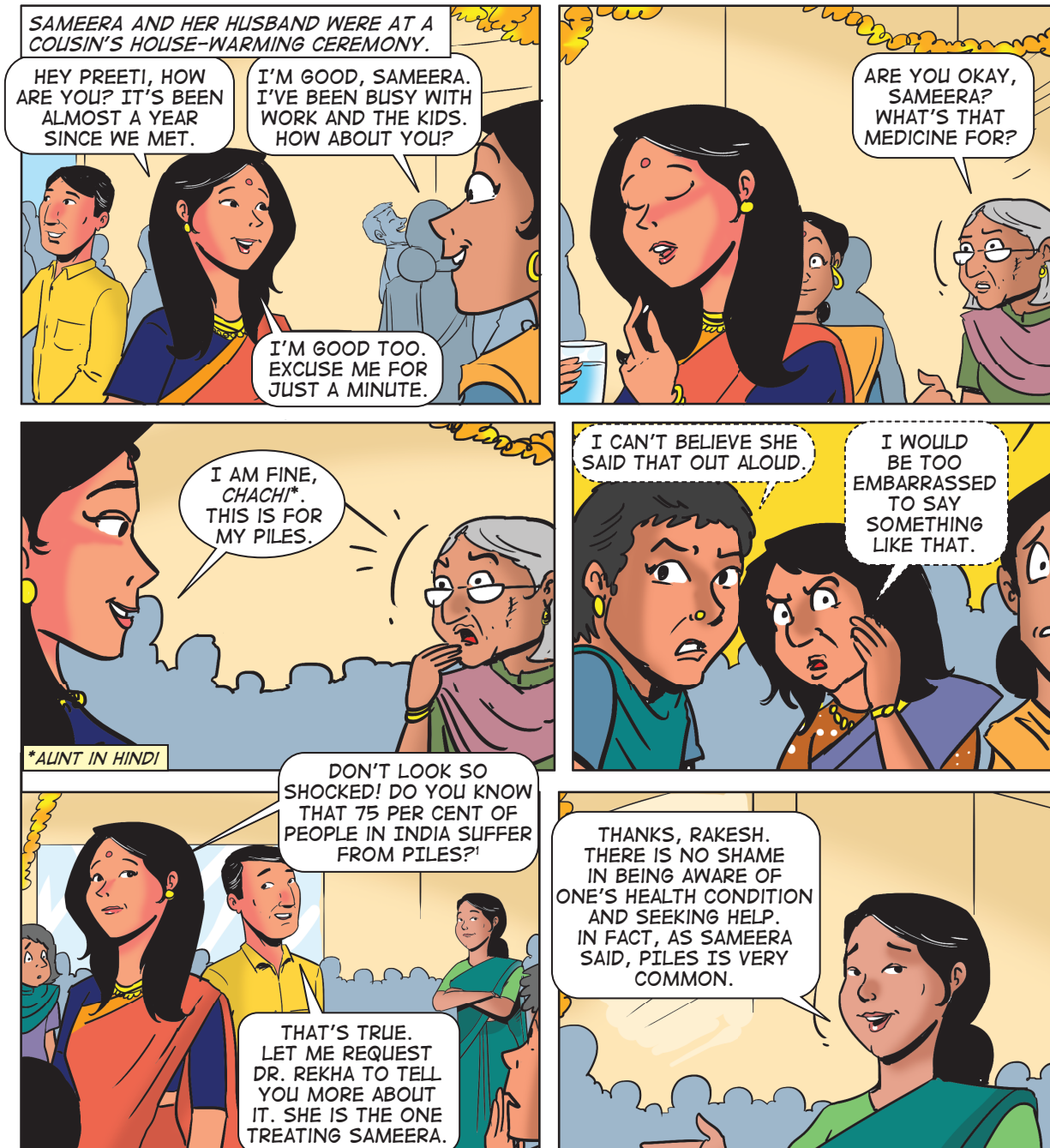


HAEMORRHOIDS AND STIGMA: THE DOUBLE TROUBLE



TINKLE



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ABOUT TWO MONTHS AGO...

FOR OVER A MONTH, I'VE BEEN HAVING A STRANGE ISSUE. I HOPED IT WOULD GO AWAY ON ITS OWN BUT IT HASN'T.

TELL ME, SAMEERA. NO PROBLEM IS STRANGE.

I'VE BEEN FACING DIFFICULTY AND STRAINING WHILE PASSING STOOLS, AND I AM SEEING BLOOD IN THE TOILET BOWL. I OFTEN FEEL DISCOMFORT, AND SOMETIMES THERE ARE SMALL LUMPS IN THE AREA.

YOU MIGHT HAVE HAEMORRHOIDS, ALSO CALLED PILES. THIS HAPPENS WHEN THERE IS INCREASED PRESSURE IN THE BLOOD VESSELS AROUND THE ANUS, CAUSING THEM TO BECOME SWOLLEN AND INFLAMED.

WHILE ONE CANNOT PINPOINT AN EXACT CAUSE, SOME COMMON RISK FACTORS ARE STRAINING AND SITTING FOR TOO LONG DURING BOWEL MOVEMENT, AND CHRONIC CONSTIPATION.²

EATING HIGH-FIBRE FOODS, TAKING STOOL SOFTENERS, AND DRINKING ENOUGH FLUIDS CAN REDUCE CONSTIPATION. SITTING IN A WARM SITZ BATH CAN HELP REDUCE THE DISCOMFORT IN THE AREA. PILES MEDICINES AND OINTMENTS PRESCRIBED BY YOUR DOCTOR CAN ALSO HELP RELIEVE THE SYMPTOMS.²

IF PAIN OCCURS, WE CAN TRY PAIN MEDICATION. MOST OFTEN, PILES GETS RESOLVED WITH NON-SURGICAL TREATMENTS AND CHANGES TO DIET AND LIFESTYLE.²

VERY FEW PEOPLE WITH PILES ACTUALLY NEED SURGERY. THANKFULLY, I HAVE ALMOST COMPLETELY RECOVERED WITH JUST MEDICINES.

YOU HAVE TAUGHT US SOMETHING INVALUABLE TODAY. WE ARE SO PROUD OF YOU, SAMEERA!

AND IT WAS REALLY BRAVE OF HER TO SEEK HELP. A LOT OF PEOPLE DON'T SEEK TREATMENT AS THEY ARE EMBARRASSED. IF YOU ARE HAVING SUCH ISSUES, CONSULT YOUR DOCTOR EARLY. THERE'S NO NEED TO WORRY!

THANK YOU! WITH SUPPORT AND ENCOURAGEMENT, WE CAN ALL FIGHT THE STIGMA AND TAKE CARE OF OURSELVES!

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References:

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