

How Long do Hemorrhoids Last?

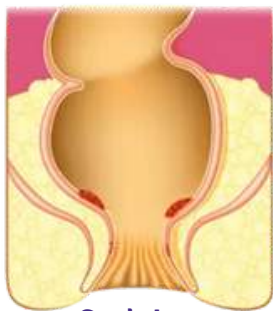
Hemorrhoids are clusters of vascular tissue, smooth muscle, and connective tissue along the anal canal.¹

Between 60-70%
of Canadians will develop hemorrhoids
at some point in their lifetime.²



- Types:**
- 1 Internal**
(found in the lower rectum)
 - 2 External**
(found under the skin around the anus)

Internal hemorrhoids are classified by their degree of prolapse:³



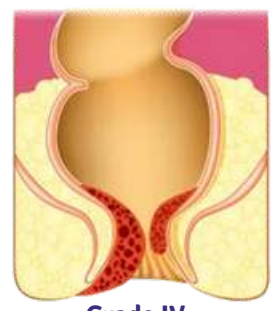
Grade I:
No prolapse.



Grade II:
Prolapse that goes back in on its own.



Grade III:
Prolapse that must be
pushed back in by the patient.



Grade IV:
Painful prolapse & cannot be pushed
back in by the patient.

Treatment Options

Dietary changes³

- Drink an increased amount of fluids to help soften stools
- Eat high-fiber foods



Lifestyle changes⁵

- Avoid straining when defecating
- Exercise regularly



Over the counter remedies

- Flavonoids (diosmin) ex. Hemovel®^{6,8}
- Topical treatments and suppositories containing combinations of:^{7,8}
 - Protectants (ex. mineral oil)
 - Decongestants (ex. phenylephrine)
 - Astringents (ex. witch hazel)
 - Anesthetics (ex. pramoxine)



If you're experiencing any kind of rectal bleeding with bright red blood, unexplained weight loss, or if your stool is dark or tarry in color, you should see your doctor.⁹



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