

You Have Hemorrhoids. Now What?

You have been diagnosed with hemorrhoids. We know you may be in discomfort and are perhaps worried, but now that you know what the problem is, you can do something about it!

Hemorrhoids are best treated before they become so severe that they require surgery, which can be expensive, painful and require a prolonged recovery. The following recommendations are helpful for minimizing an initial bout of rectal bleeding, itching and pain.

While you wait to be treated with the CRH O'Regan System[®], here are some helpful tips to reduce the discomfort from your hemorrhoids:

1. Take a 15-minute sitz bath (a warm bath with a tablespoon of table salt added) three times per day and after each bowel movement if possible. Gently dry your bottom.
2. Avoid constipation by increasing the amount of fiber and liquids in your diet. Stool softeners may also be helpful to avoid constipation.
3. Avoid sitting on the commode for more than two minutes to prevent excessive straining. If you can't have a bowel movement in that time, come back later.
4. Avoid prolonged sitting or other activities that will increase the pressure on your bottom. If you work at a desk all day, get up and take breaks whenever you can.
5. There are many creams or suppositories for hemorrhoids, but they have limited benefits.

The Experts Speak



CRH O'Regan System[®]

Non-Surgical Hemorrhoid Treatment

Fast. Painless. Proven.



The CRH O'Regan System[®] is a product of CRH Medical Corporation

www.crhsystem.com

Protect Your Colorectal Health.

Your colorectal health is an important part of a long, productive and pain-free life. Common problems like hemorrhoids and anal fissures can cause recurring pain, itching and bleeding. Even worse, rectal bleeding may be a sign of undiagnosed colorectal cancer.

What are hemorrhoids?

Hemorrhoids are cushions of tissue in the lower rectum and anus that can cause pain, itching, bleeding and swelling. In more severe circumstances, they can extend through the anus (prolapse), and even clot off or become gangrenous. Symptomatic hemorrhoids affect about half of Americans by age 50. Unfortunately, they don't "go away" on their own, and they tend to worsen over time.

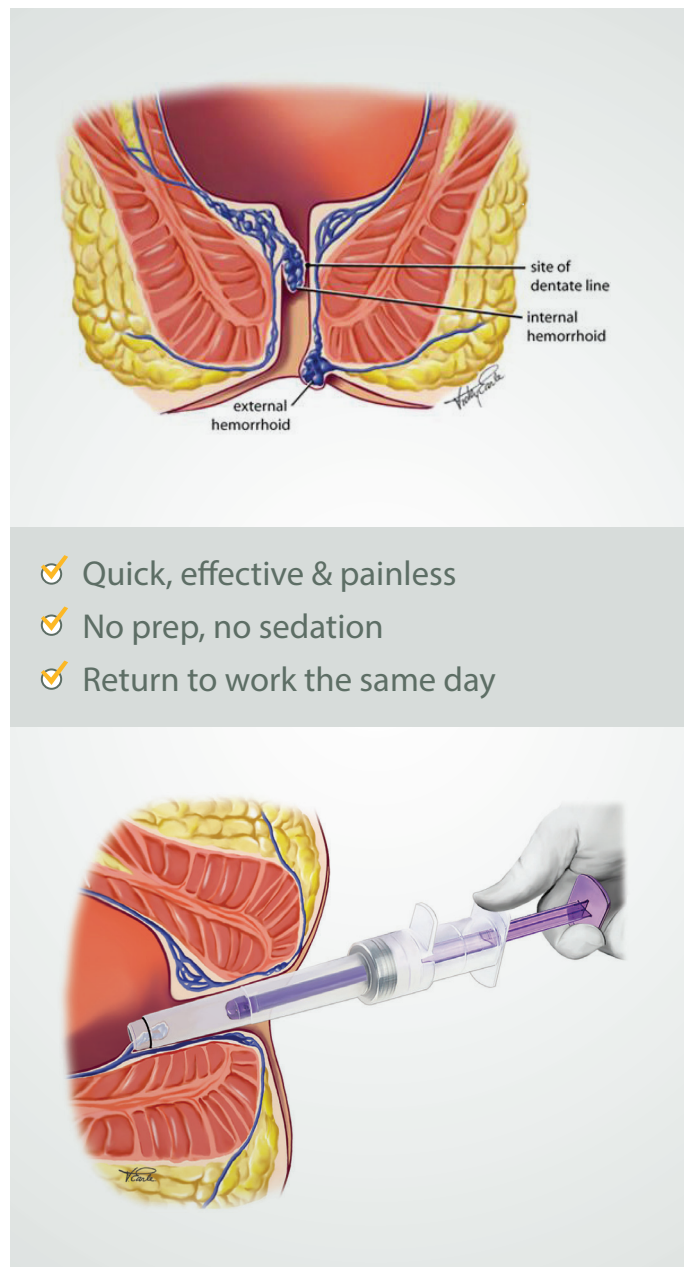
Get permanent relief from hemorrhoids.

"Banding," or placing a rubber band around the base of a symptomatic hemorrhoid, is the most common and effective non-surgical hemorrhoid removal treatment in use today. (Over-the-counter remedies only treat symptoms, not the underlying problem). In our practice, we have taken banding to a new level of excellence! We utilize the patented CRH O'Regan System® which is smaller and more comfortable for patients. It also uses a gentle suction instead of metal-toothed forceps to grasp the hemorrhoid, reducing the risk of pain and bleeding. Because the device is 100% disposable and single-use, the risk for cross-patient infection associated with inadequately sterilized conventional equipment is eliminated.

The banded tissue typically falls off within a few days, and 99.8% of patients have no significant post-procedure pain! Performed in as little as 60 seconds, the banding technique has been found to be 99.1% effective. You don't need to take any prep, undergo sedation or miss work.

What is an anal fissure?

An anal fissure is a small tear in the tissue lining the anus, often caused by passing hard, dry stool. Anal fissures are also extremely common, occurring in at least 20% of patients with symptomatic hemorrhoids, and they can cause bleeding, itching and pain. For those with more severe fissures, a bowel movement can be excruciating, as if you're "passing razor blades." Fissures often require medical treatment for permanent resolution. Because good bowel care is important to recovery, it is important to avoid constipation and straining, which can prevent the fissure from healing completely.



- ✓ Quick, effective & painless
- ✓ No prep, no sedation
- ✓ Return to work the same day

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