

Prevalence of Hemorrhoids

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Abstract: *As life style of youth is getting changed, hemorrhoids, now a days is appearing as a vast public health problem. Life style and hemorrhoids are simultaneously affecting each other. In this study we have our concern with numerous studies that have its influence with prevalence of hemorrhoids. A discussion is also made for further future research prospectus. **Discussion:** Studies considered reflected that adult general population is targeted by hemorrhoids. The disease is also found common during pregnancy as well as in high body mass index. Research should be done in the direction to achieve immediate and stable results.*

Keywords: Hemorrhoids, Risk factors of hemorrhoids

1. Introduction

Several factors, both social and biological, are at its work and affecting our daily life style. So far copious researches are conducted keeping in view hemorrhoids, are there in literature. Hemorrhoids is a condition that is characterized by the prolapsed of an anal cushion that may result in bleeding and pain(1,2). In this study we concerned with various works done with respect to prevalence of hemorrhoids.

In one of the studies of 835 patients, hemorrhoids were found observed in 86 per cent: 82 per cent among the patients having no symptoms of the disease (asymptomatic group) and 88 per cent among the patients having symptoms of hemorrhoids (symptomatic group). The study reported a significantly higher number of patients with hemorrhoids in the symptomatic group ($X z = 6.881$; $P = .0087$). In 25 % of patients large hemorrhoids were found, 11 per cent in the asymptomatic and 31 per cent in the symptomatic group ($X z = 42.858$; $P = .01$). Whereas, asymptomatic patients had smaller, less protruding hemorrhoids. The number of patients in the male and female groups was observed similar. The prevalence of hemorrhoids in men and women was depicting no significant difference overall or within age groups ($X z = 1.89$; $P = .1687$)(3).

A prospective study of 976 participants was found conducted between 2008 and 2009. Results of this study revealed that 38.93% patients suffered from hemorrhoids. In 72.89% patients, hemorrhoids were observed classified as grade I, in 18.42% patients as grade II, in 8.16% patients as grade III, and in 0.53% patients as grade IV. According to the study 44.74% patients complained about symptoms associated with hemorrhoids, whereas 55.26% patients were reported to have no symptoms. Body mass index was inspected imposing a significant effect on the occurrence of hemorrhoids with $p = 0.0391$ and $p = 0.0282$, respectively (4).

In another study of 63 patients, considering 66.67% males and 33.33% females, with the most common age group affected was below 40 years of age. If we put our concentration on dietary habits less than 40% of the patients were scrutinized vegetarians, with more than half of the patients had a mixed diet. 47.6% of women had scanned with a history of hemorrhoids in their family, while the same

in the males was only 26.2%. Study disclosed straining and constipation in majority of the patients while many of them also had chronic cough. In 96.8% patients bleeding and in 93.7% mass through the rectum was seen in majority of the patients while 76.2% of them had suffered pain during defecation (5).

We came across a prospective observational cohort study, identifying the incidence and risk factors of hemorrhoids and fissures during pregnancy and after childbirth. A total of 280 pregnant women were followed up until 1 month after delivery. 80.5% women had vaginal delivery and 19.5% women had undergone caesarean section. Study found 43.9% women developed peri-anal disease, of which 1.6% in the first trimester, 61% during the third trimester, 34.1% after delivery and 3.3% 1 month after delivery. This study evaluated that 40.7% women were diagnosed with hemorrhoids, 2.5% with hemorrhoids and anal fissure and 0.71% with anal fissure. Statistical analysis identified personal history of peri-anal diseases (OR 11.93; 95% CI 2.18–65.30), constipation (OR 18.98; 95% CI 7.13–50.54), straining during delivery for more than 20 minutes (OR 29.75; 95% CI 4.00–221.23) and birth weight of newborn >3800 g (OR 17.99; 95% CI 3.29–98.49) as significant predictors of hemorrhoids and anal fissures during pregnancy and perinatal period (6).

In a cross sectional study of 2813 participants who underwent a colonoscopy in a colorectal adenoma prevention trial and who had a detailed assessment of bowel habits, diet and activity, the presence of hemorrhoids was observed extracted from the subjects' colonoscopy reports. In the study 1,074 were found having hemorrhoids. According to this study constipation was reported associated with an increased prevalence of hemorrhoids (OR 1.43, 95% CI 1.11, 1.86). Of the fiber subtypes, high grain fiber intake was found associated with a reduced risk (OR for quartile 4 versus quartile 1 = 0.78, 95% CI 0.62, 0.98). No association was found observed when comparing gravid and nulligravida women (OR 0.93, 95% CI 0.62–1.40). Sedentary behavior had a reduced risk (OR 0.80, 95% CI 0.65–0.98), but not physical activity (OR 0.83, 95% CI 0.66–1.03). Neither being overweight nor obese was grabbed associated with the presence of hemorrhoids (OR 0.89, 95% CI 0.72–1.09 and OR 0.86, 95% CI 0.70–1.06)(7).

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