



PREVALENCE OF MODIFIABLE LIFESTYLE HABITS WITH HAEMORRHOIDS- A CROSS SECTIONAL STUDY

General Surgery

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KEYWORDS

AIMS AND OBJECTIVES

- To find prevalence of common lifestyle habits with haemorrhoids.
- To create awareness on necessity to adopt healthy lifestyle habits and breaks the chain of causation of haemorrhoids.

MATERIALS AND METHODS

- The study is conducted as a questionnaire based study. In this questionnaire the PSS score [1,3] is calculated and the patient is asked about the common life style habits which are believed to a role in causation of haemorrhoids.
- Study Design:** Cross- sectional study.
- Location:** General surgery department, Akash Hospital, Devanahalli, Bangalore.
- Study population** Patients attending the general surgery outpatient at Akash hospital with symptoms pertaining to haemorrhoids.
- Duration of Study:** 6 months (October 2022 to March 2023)
- Sample Size:** 65
- Inclusion criteria:** Old and New cases of haemorrhoids attending the General Surgery outpatient.
- Exclusion criteria**
 - Individuals who have been operated for haemorrhoids and are presently symptom free.
 - Individuals with positive family history of colorectal malignancies.
 - Individuals with portal hypertension

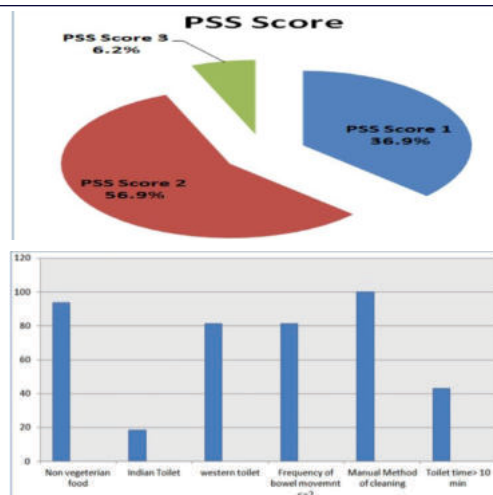
Procedure

- The patient with of diagnosis haemorrhoids are given a two part questionnaire, following oral consent the first part containing questions which determine the PSS score and the second part of the questionnaire containing questions pertaining to common lifestyle habits which are believed to have an association with the causation of haemorrhoids.
- The parameters will then be tabulated and prevalence of different lifestyle habits with haemorrhoids were determined.

RESULTS

- The questionnaire was given to 65 patients with diagnosis of haemorrhoids and the data was tabulated.

Patient Characteristics	N	percentage
No. patients with haemorrhoids	65	
PSS score 1	24	36.9
PSS score 2	37	56.9
PSS score 3	4	6.2
NON VEGETARIAN DIET	61	93.8
>10mins in toilet	43	66.2
Frequency of bowel movements <2	53	81.5
Manual type of cleaning	65	100
Indian toilet	12	18.5
Western toilet	53	81.5



DISCUSSION

- Majority of haemorrhoid patients had a PSS score of 2, followed by score 1 which indicates mild correlation of haemorrhoids with lifestyle stress.
- Lifestyle habit like non vegetarian diet was seen in significant proportion of haemorrhoid patients in the present study
- The present study showed majority of patient using western toilet, the use of Indian toilet with squatting straightens the Anorectal angle between rectum & anal canal facilitating early movement of faeces
- In our study 81.5% patients has less than 1 bowel movement per day
- In the present study 66.2% of patient spent more than 10 minutes in toilet which indicates possible straining for defecation

CONCLUSION

- Haemorrhoids are one the common diseases observed due to faulty life style & defecatory habits, when not associated with other co morbidities can be modified to prevent the disease.
- The patients were advised healthy lifestyle habits and have been explained that the disease can revert its course in early stages I proper precautions and healthy lifestyle habits are adopted.