

Effective Treatment for Diverticulitis

Your digestive system can develop small pouches called diverticula in its lining, especially after age 40. Usually, these do not cause any problems. However, if these pouches become infected or inflamed, they can cause abdominal pain, fever, chills, bloating, gas, diarrhea, constipation, and other symptoms. This condition is called diverticulitis, and it can range from mild to severe. Our doctors are experts in diagnosing and managing diverticulitis and many other colorectal conditions.

We use the most advanced technologies for diagnosis and treatment, and always begin with the least invasive solutions possible.



Causes and Symptoms

Diverticula develop most often in the large intestine, although they can also occur in the small intestine. The pouches or sacs become infected when small pieces of waste become trapped inside and create the infection or inflammation that results in diverticulitis. Though the exact cause of the pouch formation is not known, it is thought that constipation and hard stools contribute because they lead to straining and increased pressure in the colon or intestines. Symptoms often begin suddenly and may become worse over the course of a few days.

These include:

- Loss of appetite
- Pain or tenderness that is usually in the lower left side of the abdomen, though it may occur on the right
- Bloating or gas
- Fever and chills
- Nausea and vomiting
- Constipation and, less commonly, diarrhea

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*Effective Treatment for Hemorrhoids,
Diverticulitis, Anal Fissure & Fistula*



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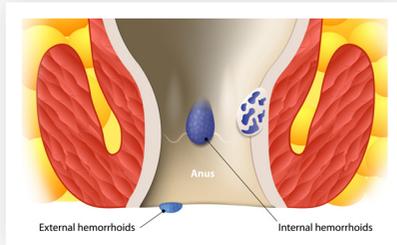
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Effective Treatment for Hemorrhoids

Hemorrhoids are small cushions within and around the anus which are a normal part of our anatomy. When they become irritated and swollen, hemorrhoids can cause pain and a variety of other symptoms. In most cases, hemorrhoids and their symptoms can be treated without surgery. We provide a comfortable, private environment for our patients while we treat hemorrhoids and other colorectal conditions.

What Are Hemorrhoids?

Hemorrhoids form in the network of veins that surround the anus. This area is covered by delicate, sensitive skin. Also known as piles, hemorrhoids can exist either externally or internally. Internal hemorrhoids exist within the anus, while external hemorrhoids are visible on the edge or outside.



External hemorrhoids typically result in itching, burning, and pain.

Internal hemorrhoids are frequently responsible for painless bleeding.

What Causes Hemorrhoids?

Hemorrhoids are caused by pressure in the veins surrounding the anus. More than 70 percent of our patients are diagnosed with hemorrhoids at one time or another.

Pressure can result because of many factors, including:

- Diarrhea
- Pregnancy
- Constipation
- Obesity
- Strained coughing
- Genetics
- Prolonged sitting
- Heavy lifting

A number of conditions, including infection, cancer, and inflammatory bowel disease (IBD), mimic hemorrhoids. Our advanced diagnostic tools can identify the precise cause of your symptoms. We offer a range of treatments to provide relief and reduce or eliminate hemorrhoids.

Anal Fissures: Causes and Symptoms

Anal fissures are small cracks or tears in the lining of the anal canal or the anus. An extremely common medical condition, anal fissures represent 6-15% percent of visits to colorectal specialists, or up to three million cases in the United States each year. Symptoms typically include pain and bleeding during bowel movements and may also include itching, irritation, and malodorous discharge. Though most anal fissures are minor and heal on their own, they can become acute or chronic. Our doctors provide relief from anal fissures at our Garden City, NY, and East Setauket, NY, offices with effective, minimally invasive treatments. If you suspect that you or a family member are suffering from this colorectal condition, we encourage you to contact us today.

About Anal Fissures

Anal fissures can occur in patients of all ages, including young infants. They are usually caused by direct trauma, such as passing large or hard stools. Trauma may also result from tears in the skin when a woman gives birth. Repeated episodes of diarrhea can also lead to anal fissures, as can constipation, inflammation from Crohn's disease, or another inflammatory bowel disease. They may also arise from other diseases, including anal cancer and sexually transmitted diseases. Abnormally strong contractions (spasms) of the sphincter (internal anal muscle) may prevent anal fissures from healing. Left untreated, anal fissures can develop into anal ulcers.

Symptoms

The primary symptom of anal fissures is anal pain that gets worse with bowel movements. This pain may be severe and persist after bowel movements but subside in between them.

Other symptoms can include:

- Bleeding that is bright red
- Itching (pruritus ani) or irritation in the anal area
- Malodorous discharge (from pus)
- A crack that can be seen in the skin near the anus
- A small lump or tag of skin located close to the anal fissure

Find Relief from Anal Fistula

A patient who feels ill and complains of chills, fever and pain in the rectum or anus could be suffering from an anal abscess or fistula. These medical terms describe common ailments about which many people know little.

What is an anal fistula?

An anal fistula is almost always the result of a previous abscess. Just inside the anus are small glands. When these glands get clogged, they may become infected and an abscess can develop. A fistula is a small tunnel that forms under the skin and connects a previously infected anal gland to the skin on the buttocks outside the anus.

What causes a fistula?

After an abscess has been drained, a tunnel may persist connecting the anal gland from which the abscess arose to the skin. If this occurs, persistent drainage from the outside opening may indicate the persistence of this tunnel. If the outside opening of the tunnel heals, recurrent abscesses may develop.

What are the symptoms of a fistula?

Symptoms related to the fistula include irritation of skin around the anus, drainage of pus (which often relieves the pain), fever, and feeling poorly in general.

Does an abscess always become a fistula?

No. A fistula develops in about 50 percent of all abscess cases, and there is really no way to predict if this will occur.

How is a fistula treated?

Surgery is necessary to cure an anal fistula. Although fistula surgery is usually relatively straightforward, the potential for complication exists, and is preferably performed by a specialist in colon and rectal surgery. It may be performed at the same time as the abscess surgery, although fistulas often develop four to six weeks after an abscess is drained, sometimes even months or years later.