



## Hemorrhoids *Hemorroides*

The term **hemorrhoids** refer to a condition in which the veins around the anus or lower rectum are swollen and nflamed. *La palabra **hemorroide** se refiere a una condición en la que las venas alrededor del ano o del recto se inflaman.*

Hemorrhoids may result from straining to move stool. Other contributing factors include pregnancy, aging, chronic constipation or diarrhea. Hemorrhoids are either inside the anus (**internal**, which can **bleed**) or under the skin around the anus (**external**, which can cause **pain** when thrombosed or clotted). *Algunas veces, una hemorroide **interna** puede estirarse lo suficiente para que ésta se salga fuera del ano. Esto se llama un hemorroide prolapsada. Una hemorroide prolapsada usualmente se vuelue a introducir en el recto por su propoa cuenta, o usted puede empujarla cuidadosamente de regreso hacia adentro. Las hemorroides **externas** involucran las venas afuera del ano estas. Pueden dar comezón o doler y algunas veces pueden rajarse y sangrar.*

Eat more fiber. Fiber helps form soft, bulky stool. It is found in many **vegetables, fruits** and **grains**. Be sure to **add fiber a little at a time**, so your body gets used to it. Limit foods that have little or no fiber. *Coma más fibra. La fibra ayuda a formar materia fecal suave y voluminosa. La fibra se encuentra en muchas **verdures, frutas y granos**. Esté seguro agregar fibra en **pequeñas cantidades a la vez**. Mientras que su cuerpo se acostumbra. Limite alimentos que tienen pequeña o ninguna fibra.*

**Hemorrhoid creams** or **suppositories**. *Cremas o supositorios para las **hemorroides** tambien pueden ayudarle.*

Drink plenty of water and other liquids like fruit and vegetable juices to keep the stool soft and easy to pass. It is important to **drink enough fluids**. Caffeine and alcohol tend to dry out your digestive system. *Consuma mucha agua y otros líquidos como fruta y jugos vegetales. El líquido ayuda a mantener la materia fecal suave y fácil de pasar. La cafeína y el alcohol tienden a secar su aparato digestivo.*

**Tub baths** with warm water. *Baños de agua tibia.*

Baby oil gel or lotion before using the toilet may help. Soft baby wipes can be used instead of toilet paper. Use wipes estos seran mas delicados con su recto que el papel higienico.

### **PREVENTION PREVENCIÓN**

Eat more fiber *Coma más fibra*

Eliminate straining *Eliminar esfuerzo*

Don't ignore the urge to have a bowel movement. Listen to your body. *No ignore el impulso de tener una evacuación. Escuche su cuerpo.*

Get enough exercise. A 20- to 30-minute walk every day may help. Begin slowly and speak with your doctor first. *Haga suficiente ejercicio. 20 o 30 minutos cada día esto puede ayudar. Empiece lentamente y hable con su médico primario.*

## Increase Your Fiber Intake

Aim to eat 20–35 grams of total fiber per day. Include 6–10 grams of soluble fiber.

<u>Choose</u>	<u>Food</u>	<u>Serving Size</u>	<u>Fiber (gm)</u>	<u>Soluble Fiber</u>
High-Fiber	Fiber One cereal	½ cup	12 gm	1 gm
Whole Grains	100% bran cereals	1/3 cup	9 gm	1 gm
	Bulgur wheat	½ cup	4 gm	0 gm
	Wheat bran	2 tbsp	4 gm	0.2gm
	Whole grain cereals	½ cup	3–5 gms	0.5 gm
	100% whole wheat bread	1 slice (1 oz)	2 gm	0.3 gm
	Oatmeal	½ cup	2 gm	1 gm
	Brown rice	½ cup	2 gm	0.2 gm
	Legumes/Beans	Kidney beans	½ cup	8 gm
Black beans		½ cup	6 gm	2 gm
Lentils		½ cup	5 gm	1 gm
Soybeans (whole)		½ cup	5 gm	2 gm
Black-eyed peas		½ cup	4 gm	0.5 gm
Seeds & Nuts	Flax seeds	1 tbsp	3 gm	1 gm
	Peanut butter (chunky)	2 tbsp	2 gm	1 gm
	Nuts	6 nuts	1–2 gms	0.2 gm
High-Fiber Fruits & Vegetables	Apple/pear	1 medium	5 gm	1 gm
	Carrots	1 medium	4 gm	1 gm
	Potato (with skin)	1 medium	4 gm	1 gm
	Broccoli	1 cup	4 gm	1 gm
	Berries	1 cup	4–8 gms	1 gm
	Orange	1 small	3 gm	2 gm
	Dried fruit	5 pieces	2–3 gms	1–2 gms
	Banana	1 medium	2 gm	0.5 gm
	Zucchini	½ cup	1 gm	1 gm
	Dark, leafy greens	1 cup	1–5 gms	1–3 gms
	Lettuces	1 cup	1–2 gms	0.1 gm
	Cantaloupe	1 cup	1 gm	0.3 gm
	Tomato	1 medium	1 gm	0.1 gm

## Sample Meal Plan

### Breakfast

½ cup Raisin Bran cereal (4 gm)  
 4 oz skim milk  
 1 slice whole wheat bread (2 gm)  
 1 tsp margarine  
 2 egg whites

**Total fiber = 6 gms**

### Lunch

1 cup split pea soup (8 gm)  
 1 slice rye bread (2 gm)  
 2 oz turkey  
 2 slices tomatoes (1 gm)  
 lite mayonnaise  
 1 cup berries (6 gm)

**Total fiber = 17 gms**

### Dinner

3 oz grilled salmon  
 2/3 cup brown rice (3 gm)  
 1 cup steamed broccoli (4 gm)  
 mixed green salad w/endive (4 gm)  
 1 tbsp dressing  
 1 medium pear (5 gm)

**Total fiber = 15 gms**

Produced by the Center for Patient and Community Education in association with the Dietary Council at California Pacific Medical Center. Date: 4/06

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Funded by: A generous donation from the Mr. and Mrs. Arthur A. Ciocca Foundation.

Note: The information provided in this material is intended to provide readers with accurate and timely information. It is not intended to substitute for information and personal medical advice, which you need to obtain directly from your doctors. If you have any additional questions related to treatment or the risks and benefits of treatment mentioned in this work, please direct these questions to your doctors.