

## Bowel changes in older adults

腸道健康 出入平安

### Chapter 2 Constipation in older adults

#### 第二章 長者便秘問題

##### 2.1 What is constipation?

##### 2.1 甚麼是便秘？

When we eat, the food is digested in the stomach and go to the small intestine, which the nutrients in the food such as fat, sugar, and protein are broken down and absorbed. Then, the food residue will go to the "large intestine", also known as "colon". The large intestine is divided into four sections: the ascending, transverse, descending and sigmoid colon, which connects with the rectum and anus.


當我們進食時，食物由胃部消化進入小腸，食物中的營養成分如：脂肪、糖分、蛋白質被分解及吸收，然後食物渣滓會去到大腸。大腸分為四段，升結腸、橫結腸、降結腸和乙狀結腸，然後和直腸與肛門連結。

When stool passes through the colon, most of the water is absorbed, then the stool is transformed from liquid to solid. If the intestinal peristalsis slows down, the longer the transmission time, the more reabsorption occurs, and the stool will become increasingly solid and harder. Once it reaches the sigmoid colon, a final bout of reabsorption occurs, and then enters the rectum, distending the wall of rectum, and telling the internal anal sphincter to relax, and the stool expelled.

當糞便通過結腸時，糞便所含的水份會被吸收，把它從液體轉變為固體。如腸臟蠕動變慢，導致傳送上的時間越長，就會吸收越多水份，糞便就會越來越硬。當糞便到達乙狀結腸時，會再被吸收水份，然後進入直腸，使直腸腸壁擴張，令肛門內括約肌放鬆，把糞便排出體外。

Everyone's bowel habits are different. The point is whether the defecation process is comfortable and smooth. In fact, fewer than 50% of people experience the conventional norm of once-daily bowel motion. Normally, the frequency of bowel movements can range from 3 times a day to 3 times a week. The bowel movement is smooth without straining, and the stools are not too hard or lumpy, which is considered to be a normal bowel movement.

每個人的排便習慣都不同，排便是否正常取決於排便過程是否困難、大便形狀及排便次數。傳統上認為每天都有大便才算正常，但實際上只有不到 50% 的人有這習慣。通常，排便頻率由每天 3 次到每週 3 次，排便順暢不用過份用力，不會感到疼痛，大便不會太硬結塊或稀爛便屬正常排便。

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If the number of bowel movements is less than 3 times a week, the stool is lumpy or too hard, and with difficulties in bowel movements, including straining, sensation of incomplete evacuation, sensation of anal obstruction during defecation or manual manoeuvres necessary to facilitate defecation, you may suffer from constipation.

如排便次數每周少於 3 次、糞便程塊狀或過硬、排便過程困難，包括排便時感到費力、有不盡感、排便時肛門有阻塞感或需以手幫助，都有機會是患上便秘。

Constipation can be classified into three types, and they can also occur at the same time. 便秘可以分為 3 種，亦可以同時發生。

- Slow transit constipation
- 傳輸緩慢型便秘

The ability of enteric smooth muscles to contract and relax decreased when ageing and the age-related changes in enteric nervous system lead to the concentration of neurotransmitters reduced. Thus, the peristalsis of the intestine slow down among older adults and they are more prone to constipation.

長者腸道平滑肌收縮和放鬆的能力減弱或腸道的神經系統變化，令神經傳導物質濃度減少，導致腸道蠕動減慢，增加糞便通過結腸的時間，引致便秘。

- Defaecatory disorder
- 排便障礙

It results from a lack of coordination between abdominal muscles contraction and pelvic floor muscle relaxation on straining, anorectal structural abnormalities or urogynecological diseases. It leads to difficult or unsatisfactory expulsion of faeces from rectum. In particular, older adults with a lower elasticity of the rectal wall and an increased thickness of the internal anal sphincter will induce defaecatory disorder.

骨盆底與肛門肌肉無力或失調、會陰下降異常、肛門直腸與會陰結構異常等情形，使糞便滯留於肛門直腸處不易排出。特別是在長者中，直腸壁彈性減少，及肛門內括約肌厚度增加，引致排便障礙。

- Normal transit constipation
- 傳輸正常型便秘

It is characterized by a normal rate of colonic transit time with a regular bowel movement, but the patient perceived a difficulty with evacuation. Patients may experience bloating and abdominal pain or discomfort. It is usually associated with irritable bowel syndrome or increased psychosocial distress.

這類患者的腸道傳輸速度正常，排便頻率也正常，但仍覺得排便困難。患者會感到腹部脹痛不適，通常與腸易激綜合症或心理社交壓力有關。

## 2.2 Constipation among older adults

### 2.2 長者之便秘問題

Constipation is a common problem among the older adults. Apart from the degenerative bowel function mentioned above, poor diet due to loose teeth, inadequate fluid intake due to fear of frequent urination, limited mobility and insufficient exercise, are the factors contributing to the development of constipation among older adults. Older adults with comorbidities such as diabetes and hypothyroidism, or taking medications such as opioid analgesics, antihypertensive drugs, calcium tablets, iron supplement and diuretics can easily lead to constipation.

便秘是長者常見的問題。除了上述提及到長者的腸道功能衰退外，因牙齒鬆脫導致不良飲食，怕尿頻而減少飲水，活動能力下降而運動不足，都是令長者較容易便秘的原因。長期病患例如糖尿病及甲狀腺素過低，或服用一些藥物例如嗎啡類止痛藥、血壓藥、鈣片、鐵丸、利尿藥等都會容易導致便秘。

Psychological factors, such as using a potty or without privacy, unclean toilets, and depression can also cause constipation. They typically experience symptoms such as abdominal bloating, and distention with colic pains.

心理因素方面，如在沒有私隱下使用便盆或便椅、廁所不潔、情緒低落等亦會導致便秘。他們一般會感到腹脹、腹痛、甚至絞痛。

In particular, older adults with cognitive impairment are more prone to constipation due to the even worse lifestyle and bowel habit. Unfortunately, they may not be able to express the pain and discomfort of the constipation orally and may display aggressive behavior instead, so the constipation will be untreated or will be wrongly given an anti-psychotic medication. This can make matters worse because the anti-psychotic medication may cause constipation. 尤其是，由於患有認知障礙的長者生活方式和排便習慣都較差，更容易出現便秘。不幸地，他們可能無法用言語表達便秘帶來的疼痛和不適，取而代之是出現煩躁或侵略性行為，反而令便秘問題不被察覺，更可能被錯誤地處方抗精神病藥物。由於抗精神病藥可引起便秘，因此便秘情況會更惡化。

Chronic constipation can cause loss of appetite, abdominal pain, hemorrhoids, and anal fissures. In severe cases, it can cause faecal impaction, intestinal obstruction and increase the risk of colorectal cancer. Excessive straining during bowel movements in people with hypertension can increase blood pressure and even induce stroke.

長期便秘會導致胃口下降、腹部脹痛、痔瘡、肛裂，嚴重的甚至會引致大便嵌塞、腸道阻塞及增加患大腸癌的風險。患有高血壓者排便時過分用力，會令血壓上升，甚至誘發中風。

Chronic constipation is also associated with significant psychological health. Thoughts and emotions triggered by stress can have a negative impact on the bowels while chronic constipation may trigger anxiety, emotional distress and depression, causing a vicious circle of stress. Constipation affects the quality of life. People with constipation may withdraw socially due to factors such as pain, discomfort or anxiety. Thus, we should not underestimate the problem of constipation.

長期便秘亦與心理健康息息相關。因壓力而導致的思想和情緒會對腸道健康產生負面影響，同時長期便秘亦可能會引發焦慮、情緒困擾和抑鬱，造成惡性循環。長期便秘會影響生活質素，便秘者亦可能會由於疼痛、不適或焦慮等因素而避免社交接觸。因此，我們不應輕視便秘問題。

In our case, Ms. Lau was constipated again after stop using the laxatives. She can try to manage the constipation by lifestyle modification first. However, she is advised to consult a doctor if the constipation problem:

於劉女士個案中，她於停藥後再次出現便秘。她可以先嘗試透過改善生活習慣處理便秘問題。但如出現以下情況，便應建議她求醫：

- Is new, and appear suddenly
- 便秘是近期才突然出現的情況
- Is persisted, with severe abdominal pain and vomiting
- 便秘情況愈來愈嚴重或感到非常痛楚及嘔吐
- Is associated with blood or mucus in the toilet or on toilet paper after having a bowel movement
- 糞便有血或黏液，無論在坐廁中或衛生紙上發現
- Lasts for more than 3 weeks
- 持續三週以上

## 2.3 What is faecal impaction?

### 2.3 甚麼是糞便嵌塞？

#### What is faecal impaction?

#### 甚麼是糞便嵌塞？

- Faecal impaction is defined as the inability to pass hard, dry mass stool which stuck in the colon or rectum.
- 糞便嵌塞定義為乾硬的大便無法排出並且滯留在結腸或直腸內。
  
- As the mass of stools becomes bigger and more impacted, the rectum is stretched and enlarged, so the muscles within it do not work so well to push stools out.
- 隨著積累的大便體積越來越大，影響亦會更大，直腸會被拉伸和擴大，引致腸道內之肌肉無法將大便推出。
  
- However, faecal impaction can also involve loose stools formed above the impacted stool, and being squeezed around the blockage and the person having no control over their bowels.
- 但是，糞便嵌塞也可能涉及稀糞在已乾硬的積糞上方形成，並被擠壓在阻塞物周圍，使人無法控制排便。
  
- Watery stools can leak around the impacted stool mass, and out of the anus, causing bowel incontinence, often referred to as overflow.
- 水狀的大便會在已乾硬的大便周圍滲出，並從肛門漏出，引起大便失禁。
- Unfortunately, this can lead to the person being wrongly diagnosed as suffering from diarrhoea and given treatment to prevent it, which only makes the faecal impaction worse.
  
- 不幸的是，這可能導致錯誤地將患者診斷為腹瀉並給予醫治腹瀉的治療，這只會使糞便嵌塞情況惡化。

(You may refer to **Video 1 – Case Study - Story of Ms. Lau**. Jane has bought antidiarrheal medication for Ms. Lau but her condition was even getting worse.)

(您可以參閱視頻 1 – 案例研究-劉女士的故事。珍為劉女士購買了止瀉藥，但她的病情甚至在惡化。)

## Factors contributing to fecal impaction

### 導致糞便嵌塞的因素

- Untreated constipation
- 未經治療的便秘
- Overuse of laxatives
- 過度使用瀉藥
- Other medical conditions
- 其他醫療狀況
  - commonly found in older adults with neuropsychiatric disorders (e.g. Alzheimer disease, Parkinson disease, and severe stroke)
  - 通常見於患有神經精神疾病的長者 (例如，阿爾茨海默氏病、帕金森氏病和嚴重中風)

- Medications that impair gastrointestinal motility, including:
- 損害腸胃蠕動的藥物，包括：  
opiate analgesics, anticholinergic agents, calcium channel blockers, antacids and iron supplement

**The incidence of fecal impaction increases with age and dramatically impairs the quality of life in older adults.**

鴉片類止痛藥、抗膽鹼藥、鈣通道阻滯劑、抗酸劑和鐵補充劑

糞便嵌塞的發生率隨著年齡的增長而增加，並嚴重地損害了長者的生活質素。

## Associated factor – Dementia

### 相關因素 - 認知障礙症

- People with dementia in the later stages of the illness may be unable to describe the pain they are experiencing due to the mass of impacted stools developing in their bowel.
- 在認知障礙症晚期時，患者可能無法描述他們因糞便嵌塞而導致的痛苦。
- As many people in the late stages of dementia also go on to experience bowel incontinence, the symptoms may be put down to their dementia rather than a physical cause.
- 由於許多認知障礙症晚期的患者都會出現大便失禁，因此症狀可能會被歸因於認知障礙症而不是其他身體原因。
- Faecal impaction is also linked to acute states of confusion and delirium in the elderly hospital population.
- 糞便嵌塞也與住院長者的急性意識混亂和譫妄症有關。

## Associated factor – Parkinson’s Disease (PD)

### 相關因素 – 帕金森氏病

A study indicated that constipation is particularly relevant occurring in up to 66% among PD patients, thus showing a higher prevalence than within the general population (Pedrosa Carrasco, Timmermann & Pedrosa, 2018).

一項研究表示，高達 66% 的帕金森氏病患者有便秘，顯示出比普遍人群有更高的患病率。(Pedrosa Carrasco, Timmermann & Pedrosa, 2018)

- In some people with Parkinson's disease, constipation may occur due to the improper functioning of the autonomic nervous system. The autonomic nervous system is responsible for regulating smooth muscle activity. If this system is not working properly, the intestinal tract may operate slowly, causing constipation.
- 在某些帕金森氏病患者中，由於自主神經系統功能不正常，可能導致便秘。自主神經系統負責調節平滑肌的活動，如果此系統無法正常運作，可能會令腸道運行緩慢，從而導致便秘。
- Emptying the bowel can be more difficult because of poor coordination of the back passage (anal) muscles. These muscles may contract instead of relaxing making it difficult to pass the bowel motion completely.
- 由於肛門肌肉的協調性較差，排便可能會更加困難。這些肌肉可能收縮而不是放鬆，從而令腸道蠕動困難。
- Medicines used to treat your Parkinson’s may be a factor in constipation either by directly affecting the bowel - slowing them up or by affecting the appetite. Anticholinergic drugs, in particular, make it difficult to relax the body and muscles effectively to pass the stool, resulting in constipation. (e.g. Amantadine, Levodopa, Madopar and Levodopa, Carbidopa).
- 用於治療帕金森氏症的藥物可能是導致便秘的一個因素，可能是直接影響腸道，減慢腸道速度或影響食慾。特別是抗膽鹼能藥，使人體和肌肉難以有效地放鬆並排便，導致便秘。(例如：金剛烷胺、左旋多巴、美多巴和、卡比多巴)。
- People with Parkinson’s disease experience difficulty with their movement. Thus, the bowel is less stimulated and the intestines can become sluggish.
- 帕金森氏病患者的行動困難。腸道因刺激較少，變得蠕動遲緩。



- Chewing and swallowing difficulties can make eating adequate amounts of dietary fibre hard to achieve. Drinking sufficient fluid is essential in preventing constipation, but it is difficult if swallowing is affected. Many people with Parkinson’s disease limit their fluids to avoid making frequent trips to the bathroom due to their decreased physical activity.
- 咀嚼和吞嚥困難會使進食足夠的膳食纖維變得困難。喝足夠的水對預防便秘至關重要，但是如果吞嚥困難便很難做到。許多帕金森氏病患者會因體能減弱而限制自己攝水量，避免頻繁上廁所。

### Symptoms of fecal impaction

#### 糞便嵌塞的症狀

Typical presenting symptoms:

典型表現症狀：

- Abdominal pain and distention
- 腹痛和腹脹
- Nausea and vomiting
- 噁心和嘔吐
- Anorexia
- 厭食
- Older adults or institutionalized patients with **dementia** or **psychosis** may present with increased agitation, confusion, paradoxical diarrhea, and fecal incontinence.
- 長者或患有**認知障礙症**或**精神病**的住院患者可能會出現躁動、神志不清、積糞性腹瀉和大便失禁。

### Complications of faecal impaction

#### 糞便嵌塞的併發症

Untreated fecal impaction can result in serious health complications:

未經治療的糞便嵌塞會導致嚴重的健康併發症：

- Bowel ulceration
- 腸潰瘍
- Perforation
- 穿孔
- Thrombosed hemorrhoids (a blood clot in a rectal blood vessel)
- 血栓形成的痔瘡（直腸血管中的血塊）
- Gastrointestinal infection
- 胃腸道感染
- Peritonitis (an infection that spreads outside the gastrointestinal system)
- 腹膜炎（一種傳播到胃腸系統外的感染）



## Investigation of faecal impaction

### 糞便嵌塞的檢查

- Basic history taking for constipation  
Age, acuteness of symptoms, and medication history is important to exclude various causes of constipation.
- 便秘的基本病史  
年齡、症狀的急性程度和用藥史對排除各種便秘原因很重要。
- Preliminary laboratory investigations  
Complete blood count, serum calcium, glucose levels, and thyroid function tests are generally adequate to screen for underlying metabolic or other organic pathology
- 實驗室初步檢驗  
全血細胞指數、血鈣、血糖和甲狀腺功能檢查通常足以篩查潛在的代謝或其他器官病變
- Careful abdominal and digital rectal examinations  
It is important in the primary care setting. A rectal exam can reveal rectal tumours, haemorrhoids, impacted faeces, anal sphincter tone, presence of mucus, stool colour and palpation of abdominal mass.
- 仔細的腹部和直腸指檢  
這在基層醫療很重要。直腸檢查可發現直腸腫瘤、痔瘡、糞便嵌塞、肛門括約肌張力、粘液存在、糞便顏色和以觸診檢查腹部腫塊。
- Abdominal X-ray  
It is a simple, non-invasive investigation that may show faecal impaction.  
Advanced diagnostic procedures, such as barium enema, defaecography, colonic transit studies, magnetic resonance imaging, manometry, and balloon expulsion test should be reserved for patients with suspected slow transit constipation and defaecatory disorder in the specialist care setting.
- 腹部 X 光  
這是一個簡單的非侵入性檢查，可顯示出糞便嵌塞。  
對於傳輸緩慢型便秘和排便障礙的患者，可作進一步的診斷程序，例如鋇灌腸、排便造影、結腸蠕動研究、磁力共振、測壓和氣球排出測試。

## Treatment of faecal impaction

### 糞便嵌塞的治療

Faecal impaction can be treated with medication and may require a procedural intervention for particularly resistant situations.

糞便嵌塞可以用藥物治療，對於特別情況，可能需要進行手術治療。

#### 1. Oral laxatives:

- The first line of treatment involves the use of laxatives to soften the hardened stool so that it can be passed.

#### 1. 口服瀉藥：

- 第一線治療涉及使用瀉藥軟化堅硬的糞便，使其可以排出。

#### 2. Suppositories:

- Sometimes a laxative is used as a suppository, meaning that it is taken in a form that is inserted into the rectum, rather than taken by mouth. It works more quickly than an oral laxative and is a preferred method if the impaction is particularly distal (low down) in the colon.

#### 2. 栓劑：

- 有時需用栓劑瀉藥，意思是以插入直腸的形式服用，而不是通過口腔服用。它比口服瀉藥更快地起作用。

#### 3. Enema:

- An enema is the introduction of liquid, most often Bisacodyl, mineral oil or saline solution, through the anus and into the large intestine. The goal is to loosen stuck stool and encourage a bowel movement. Enema is generally recommended when first-line treatments have not worked.

#### 3. 灌腸：

- 灌腸是指通過肛門將液體（通常是比沙可啶、礦物油或鹽溶液）通過肛門引入大腸。目的是軟化滯留的大便並促進排便。通常如果一線治療無效，便建議使用灌腸劑。

#### 4. Water irrigation:

- It is a medical procedure that performed by health care professionals. A tube is inserted through patient's anus and then injects water into the rectum to loosen the stool, allowing to have a bowel movement.

#### 4. 沖洗法：

- 這是一種醫療程序，醫護人員會從病人的肛門插入一條管子，將水注入直腸以軟化糞便，從而使糞便排出。

## 5. Manual evacuation:

- Used in severe cases.
- Areas of faecal impaction will be located by feeling the outside of your abdomen, stool is emptied by gently inserting a finger into the rectum and removing it.

## 5. 手動排便：

- 在嚴重的情況下使用。
- 通過在腹部外面感覺定位糞便嵌塞的區域，將手指輕輕地插入直腸並將糞便挖出。

### 2.4.1 Management of Hemorrhoids among older adults

#### 2.4.1 長者之痔瘡管理

As mentioned earlier, doctor found out Ms. Lau had hemorrhoids. Because of her poor bowel habit, hemorrhoids were easily formed with anal bleeding, pain and itching. As the older adults generally feel embarrassed, they are hesitated to talk to friends or family.

之前提及劉女士有痔瘡問題，由於她的不良排便習慣，導致容易患有痔瘡，令肛門出血、疼痛及痕癢。由於長者一般感到尷尬，很難開口與朋友或家人提及問題。

According to the Behavioral Risk Factor Survey 2010 conducted by the Center for Health Protection, approximately 13.5% of Hong Kong people suffered from hemorrhoids.

Hemorrhoids are swollen veins in the lower rectum and anus. They usually cause symptoms when they become enlarged or inflamed.

根據衛生防護中心 2010 年的行為風險因素調查報告，約 13.5% 的香港人患有痔瘡。痔瘡是直腸和肛門最下部的靜脈腫脹，通常痔瘡變大或發炎時才會引發徵狀。

Hemorrhoids are very common among older adults. They are generally less active with prolonged sitting, slower bowel movements, and are more likely to suffer from constipation. Older adults with chronic constipation which usually put additional pressure on the walls of the blood vessels are especially prone to hemorrhoids. Also, the connective tissues become weaker with age, which easily cause hemorrhoids to bulge and prolapse.

長者患有痔瘡是很常見。因他們一般活動較少，長時間坐著，腸道蠕動較慢，較大機會患有便秘，而長期便秘及長期用力排便會較易患有痔瘡。結締組織亦會隨著年齡的增長而變弱，容易導致痔瘡隆起和脫垂。

There are two kinds of hemorrhoids: internal hemorrhoids and external hemorrhoids.

Internal hemorrhoids occur in the lower rectum, which are usually painless, but they often result in bleeding, showing up bright red on toilet paper or dripping into the toilet bowl.

Internal hemorrhoids are not visible from outside, they are often found only when bleeding.

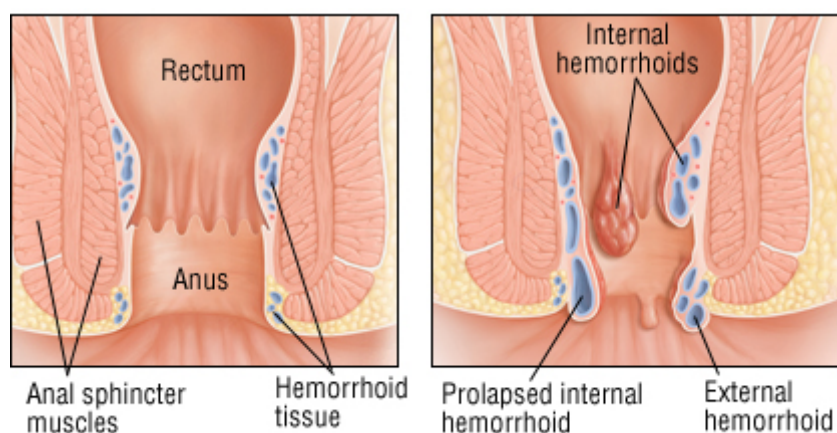
External hemorrhoids develop under the skin around the anus.

痔瘡分為兩種：內痔和外痔。

內痔出現在直腸內較深入的位置，通常不會有強烈的痛楚，但會導致出血，可能會發現廁紙上有鮮紅色血或滴入馬桶。因為看不到內痔，很多時是在排便出血時才發現。

External hemorrhoids are the most uncomfortable, because they irritate and erode the overlying skin. The pain may be sudden and severe if a blood clot forms inside an external hemorrhoid. The clot usually dissolves but may leave excess skin, i.e. a skin tag, that itches or becomes irritated.

外痔出現在肛門周圍的皮膚下，外痔比較不舒服，因為外痔會刺激並侵蝕上方的皮膚。如果外痔內形成血塊，會突然導致嚴重痛楚。血塊通常會溶解，但肛門周圍的皮膚會因痔瘡腫脹痊癒後留下鬆弛皮膚（即皮垂），使皮膚發癢或發炎。



(Harvard Health Publishing, 2019)

The best way to prevent hemorrhoids is to develop healthy lifestyles. Healthy eating habits, including eating enough vegetables, fruits, and grains, and drinking plenty of fluid can help soften stools and maintain regular bowel habits. Regular exercise can also promote blood circulation and reduce the chance of hemorrhoids. Avoid prolonged sitting, we should stand or walk for a while as a short break.

預防痔瘡的最好方法是養成良好的生活習慣。健康的飲食習慣，包括進食足夠的蔬菜、生果及五穀類食物，配合飲用充足的流質飲品有助軟化大便及保持有規律的排便習慣。定期做運動更可促進血液循環，減少患上痔瘡的機會。避免長時間維持坐姿，應間中站立或步行一會作為短暫休息。

If you have hemorrhoids, you can try the following methods to relieve the discomfort:

如果你患有痔瘡，可嘗試以下方法，減輕痔瘡帶來的不適：

- **Avoid persistent straining**
- 排便時避免過份用力
  
- **After defecation, use soft and wet toilet paper to clean, avoid using rough and dry toilet paper which will aggravate the symptoms of hemorrhoids, and vigorous rubbing can also cause bleeding. You can also try to clean the anus with fragrance free soap, then gently pat it with a soft towel to dry it thoroughly.**
- 排便後，使用柔軟的濕紙巾清潔，避免使用粗糙的乾紙巾加重痔瘡症狀，大力抹拭亦會導致出血。亦可嘗試以無香味肥皂清潔肛門，然後用柔軟的毛巾輕輕拍打，徹底抹乾。
  
- **Avoid prolonged standing or sitting**
- 避免長時間站立或坐著
  
- **Bathing in a tub with warm water can help relieve anal pain and itching**
- 用溫水在浴盆洗澡能有助減輕肛門疼痛及止癢
  
- **In severe cases, apply ice to the affected area to help relieve pain and swelling**

In most cases, the discomfort will be subsided within one to two weeks. As long as you maintain a healthy lifestyle, you can greatly reduce the frequency of hemorrhoid flare-ups.

- 而情況嚴重，可用冰敷在患處幫助舒緩疼痛及腫脹

大部分情況下，不適症狀會在一至兩週內消失。只要改變一下生活習慣，便能大大減少痔瘡發作。

If the situation persists, you should seek professional advice from your doctor.

但假如情況持續，便應徵詢醫生的專業意見。

## 2.4.2 Medical treatment of hemorrhoids

### 2.4.2 痔瘡之醫學治療

Medical treatment will depend on the symptoms of hemorrhoids. They usually prescribe topical creams and ointments or suppositories as a first line treatment. These medications contain steroids which reduces inflammation and relieves pain. Some of them also have anesthetic effects to relieve the discomfort. It should be noted that medication can only relieve the symptoms, but not eliminate the hemorrhoids.

醫生主要針對痔瘡的徵狀治療，通常會先處方痔瘡外塗藥膏和痔瘡塞肛藥物，這些藥物含有類固醇，達到消炎和止痛作用，部分亦有麻醉作用，以減輕患者的不適。要注意的是藥物大多是舒緩病情，而非根治痔瘡問題。

If the hemorrhoids are severe, they can be removed by surgery. However, people usually mistakenly think that removing the hemorrhoids surgically can cure the problem. Since hemorrhoids are caused by varicose veins in the rectum, even if the hemorrhoids are removed, if the poor lifestyles persist, the remaining blood vessels in the rectum will also be persistently compressed, and hemorrhoids may still recur.

若痔瘡屬嚴重程度，可通過做手術切除，但不少患者誤以為用手術割去痔瘡便能夠根治問題。由於痔瘡是直腸的血管靜脈曲張而成，即使割去痔瘡部分，假如不良的生活習慣沒有改善，直腸剩餘的其他血管依然會持續受壓，痔瘡還是有機會復發。

Therefore, it is very important to maintain healthy lifestyles, such as eating enough vegetables and fruits, getting enough water, doing more exercise, increasing activity level, reducing abdominal pressure, and maintaining good bowel habits.


因此，保持良好生活習慣，例如進食足夠蔬菜及水果、攝取充足的水份、多做運動、增加活動量、減少腹部壓力、保持排便暢順是非常重要的。

## Reference

Please refer to our website - <https://www.cadenza.hk/e-tools/en/pro/bowel/>

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