

## **Hemorrhoids in increasing age: With LHP laser therapy and a healthy lifestyle less problems!**

**Increasment of hemorrhoidal diseases with increasing age – Healthy lifestyle with balanced nutrition important – Minimally invasive laser method LHP from biolitec low in pain and with rapid healing – Early visit to a doctor crucial – More information at [www.hemorrhoids-info.com](http://www.hemorrhoids-info.com)**

Jena, 2nd October 2019 – Everyone is having hemorrhoids and these are necessary for the fine adjustment of the stool. However, the causes of hemorrhoidal disease are not yet fully understood. It is believed that congenital weakness of the blood vessel walls is the cause of enlarged and protruding hemorrhoids. As the elasticity of connective tissue and blood vessels decreases with increasing age, many people notice in the course of their lives hemorrhoidal cushions getting bigger and protruding.

Therefore, a healthy lifestyle with lots of exercise, as little sedentary activity as possible and a balanced diet is all the more important. 2 liters of liquid per day (water, tea, unsweetened juices) prevent constipation. What you shouldn't do under any circumstances is to press too hard when going to the toilet. If you should notice any symptoms, do not wait too long until you see a doctor and do not be afraid of the treatment! The minimally invasive laser method LHP of biolitec, which can also be performed on an outpatient basis, enables a painless operation without incisions, which significantly reduces side effects and accelerates convalescence. The sphincter muscle and surrounding tissue in the anal region remain intact and you can carry out your daily activities as usual after only a short time.

Symptoms such as weeping in the anal region, painful itching and stool smearing can already be signs of hemorrhoidal disease. In order to clarify this, a proctologist should be consulted at an early stage. It is important to know that in most cases self-treatment does not lead to a lasting improvement. In 1st-degree hemorrhoids, which usually manifest themselves through a little blood on the toilet paper – provided the bleeding does not originate from a torn skin area on the anus (fissure) – anti-inflammatory and pain-relieving ointments or suppositories can first provide relief. However, these do not eliminate the increasing hemorrhoidal cushions in the anus. The symptoms usually disappear for a while, but usually return.

The proctologist then first determines whether the symptoms are caused by increasing hemorrhoids or whether it is another disease. Then he/she determines the severity of the symptoms that occur: In 2nd-degree hemorrhoids, these bulge outwards during bowel movement, but then slide back again by themselves. With 3rd-degree hemorrhoids, they no longer retreat by themselves, but can still be pushed back by hand. In hemorrhoids of the 4th-degree this is no longer possible and the hemorrhoidal cushions remain permanently outside the anus.

For more information on LHP therapy, please visit the patient's website at [www.hemorrhoids-info.com](http://www.hemorrhoids-info.com).



# PRESS INFO

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**To the company:**

biolitec® is one of the world's leading medical technology companies in the field of laser applications and the only provider with all relevant core competencies – photosensitizers, lasers and fiber optics – in the field of photodynamic therapy (PDT). In addition to the laser-assisted treatment of cancer with the drug Foscan®, biolitec® researches and markets minimally invasive, gentle laser procedures. ELVeS® Radial® (Endo Laser Vein System) is the world's most widely used laser system for treating venous insufficiency. The new LEONARDO® diode laser from biolitec® is the first universally applicable medical laser with a combination of two wavelengths, 980 nm and 1470 nm, which can be used in all disciplines. The innovative XCAVATOR® contact fiber in conjunction with the LEONARDO® DUAL 200 Watt laser in urology enables gentle treatment of benign prostate hyperplasia (BPH) for example. The LEONARDO® Mini laser, which weighs only 900 g, has been specially developed for mobile applications. Gentle laser applications in the fields of proctology, ENT, gynecology, thoracic surgery and pneumology are also part of biolitec®'s business field. Further information is available at [www.biolitec.com](http://www.biolitec.com).

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