

# Doing the booty shuffle

by Dr. David Gutman,  
*Advanced Hemorrhoid Specialists*

**H**ave you done the booty shuffle? If you have hemorrhoids and have spent most of the winter whiling away the hours in a sitting position, chances are good that you have. Prolonged sitting, slouching, driving or crouching puts excess pressure on your bottom and can exacerbate your hemorrhoids, causing them to bleed more, itch more, and make you squirm in your seat like you're boogieing to the beat.

The trick is to vary your activity, so you're never in any one position for too long. If you sit a lot, stand up and stretch a bit. Take advantage of some of these warmer days and get outside, walk around and try to be active. If you stand a lot, take some sitting breaks to alleviate the stress on your back and rear. Changing up your movement can help to alleviate the pressure on your rectum.

And if you're tired of navigating your hemorrhoids and want to stop doing the booty shuffle once and for all, here's how I can help.



David Gutman,  
MD

I offer two, non-surgical methods to treat hemorrhoids.

One reduces the blood flow that feeds the hemorrhoids, improving inflammation and causing them to shrink. The other is better suited to removing larger hemorrhoids. Both take just a few seconds to do.

Since they are performed in an area with no nerve endings, they can be administered right in the comfort of my office without anesthesia.

There is virtually no pain, no prep needed, there are no major restrictions, and you don't have to take time off of work. Our procedures are also covered by insurance.

*To reach Dr. David Gutman of Advanced Hemorrhoid Specialists, call 216-772-4653. He has two office locations: 25200 Chagrin Blvd, Suite 109, in Beachwood; and 2660 W. Market Street, Suite 250, in Fairlawn. To learn more, visit [SensitiveCare.com](http://SensitiveCare.com).*