

20 seconds of courage

by Dr. David Gutman,
Advanced Hemorrhoid Specialists

While many of the challenges we face in life require us to tap deeply into our reservoirs of courage, seeking out treatment for hemorrhoids shouldn't have to be one of them. Yet every day I help patients to navigate their fear and come to terms with the idea that treating their hemorrhoids is far easier than practically any life challenge. All it takes is 20 seconds of courage.

That's the extent of time required to go from living with the pain, bleeding, itch and embarrassment of hemorrhoids to returning to an active life filled with activities and enjoyment.

Look, I get it, nobody wants to tell their friends they have an appointment to see the butt doctor over drinks after work. You'd likely admit to just about anything else before putting that out there. But it's time to change the stigma—and your thought process. You need to think of you. Fear and embarrassment are not empowering. Making the decision to take charge of your health—and your future—is. You've likely already waited months, or even years, to do something about your



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hemorrhoids. Why not take this opportunity to reclaim your life?

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. Consultations are free of charge and our procedures are 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.