

Getting back to butts-ness

by Dr. David Gutman,
Advanced Hemorrhoid Specialists

Whether or not you'll come out of quarantine sporting the extra "15" everyone is talking about, chances are good you've spent the last several weeks a little more sedentary than normal—and you might have formed a friendship with an annoying little guest you didn't expect to have visit.

Hemorrhoids love a good pandemic.

An excessive amount of sitting is never a good thing, and hemorrhoids can crop up as a means of scolding you for your lack of movement. All that pressure on your bottom half for an extended period of time provides an opportunity for hemorrhoids to come a calling. If they have, you may be feeling pain, burning, bleeding and itching.

Stress, and, let's face it, we've all been navigating our share of that these past few weeks, is another contributing factor.

A poor quarantine diet and the addition of those few pounds might also have you constipated and straining to poop. That extra weight is like putting out a hemorrhoid welcome mat.

Fortunately, we've been given the green light and we're back in the butt business



David
Gutman, MD

full steam ahead. Naturally, we're taking every precaution recommended by the CDC, and virtual consultations are our new norm.

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.