

# Way too much toilet paper

by Dr. David Gutman,  
*Advanced Hemorrhoid Specialists*

Even before panic buying prompted people to scoop up all the available toilet paper, you may have been guilty of a little stockpiling yourself. See, one of the symptoms of internal hemorrhoids is difficulty getting clean, requiring you to wipe way too much. Unlike the rest of the world, you may have actually needed all that toilet paper.

To understand why internal hemorrhoids can cause this “never-ending wipe,” you’ll have to first learn a little anatomy. Inside your anal canal are three inflatable areas called anal cushions. Whenever you put pressure on your abdomen, such as during lifting, straining, or coughing, the anal cushions instantly inflate with blood to form a strong seal that blocks the opening and prevents you from leaking stool. If you didn’t have them, you would probably leak a little bit every time you bent down to tie your shoes. With time, the anal cushions can get stretched out and cause problems, at which point they become internal hemorrhoids. Commonly, the enlarged internal hemorrhoids can interfere with the normal closing of the sphincter muscle



David  
Gutman, MD

after bowel movements. If the sphincter stays propped open, you can’t get clean.

This is a problem that can be fixed quickly and painlessly, so you can go back to being a typical toilet paper consumer.

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](http://SensitiveCare.com).