

Get your rear in gear

by Dr. David Gutman,
Advanced Hemorrhoid Specialists

If you're like the rest of the people in the world, chances are good that over the past year your activity level has slowed down—way down. Couple that with the past few months of frigid weather, and time spent sitting has likely escalated.

Some people sit for a living—driving or planted stationary in an office chair—so their cheeks are set to idle all of the time.

Sitting can exacerbate hemorrhoids. If you've noticed your back end giving you extra trouble in the form of pain, itching, bleeding, or burning, it might be time to get your rear in gear and have your problem addressed once and for all.

Over the past year we've made some changes to make it even easier for you to get started. During your lunch break we can have a quick and painless virtual consultation, either by Zoom or telephone, to discuss what's been on your behind. It's a perfect way to get started on the path toward eliminating hemorrhoid discomfort once and for all. You can usually even



David
Gutman, MD

schedule to come in for your initial examination the very same day as your consultation.

I offer two 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.