

# Happy gut, happy butt

by Dr. David Gutman,  
*Advanced Hemorrhoid Specialists*

**W**hat goes in, eventually comes out, and it's the quality and variety of the foods you eat that can either cause or prevent hemorrhoids.

Hemorrhoids do best when we move our bowels once a day, and when the movement is not too hard and not too loose. Any deviation from that can increase rectal pressure or irritation, which often leads to hemorrhoids.

Our digestive tracts run on fiber, so quality poop control requires that you eat a high-fiber diet. Unfortunately, most Americans don't get nearly enough, resulting in many digestive issues.

Most digestive problems can be effectively treated with a carefully designed dietary plan, so that once we get your hemorrhoids better they will be able to stay better.

I have two treatments designed to safely eliminate hemorrhoids. One reduces the blood flow that feeds the hemorrhoids, improving inflammation and causing them



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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.

In addition to treating your hemorrhoids, I can also create a dietary plan for you that will help you lose weight and achieve the perfect poop.

*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).*