

Is Sitting Painful?

If the answer is “yes”, you are not alone. **Approximately 50 per cent of adults suffer from haemorrhoids, also called piles. Although seldom serious, haemorrhoids can cause the sufferer considerable discomfort.**

The causes: **constipation** and diarrhoea, pressing, sitting too long on the toilet, frequently lifting heavy objects, and **pregnancy**. There are lots of **dos and don'ts** when treating or even preventing haemorrhoids. Some dos are: do drink sufficient fluids and eat plenty of **fibre**, cut down on alcohol and caffeine to avoid constipation, and use **damp** toilet paper when pos-

sible. Some don'ts are: do not **wipe** too hard after a **bowel movement**, do not ignore the urge to “go”, do not push too hard during a bowel movement.

PTA: Hello, what can I do for you?
Female customer: Well my problem is **rather embarrassing**.

No problem, we have a little side office for such things. Please, follow me.
I'm afraid that I have piles.

Sorry, that's not a word that I know. Could you tell me your symptoms, please?

It hurts when I **go to the loo**, and I have to strain quite a bit before, you know, anything happens. The last couple of days there has been blood on the toilet paper when I wipe.

Is it haemorrhoids?
Yes, that's the correct word for piles!

Do you mind me asking how long you have had these problems?
Not at all, I have had trouble “going” for almost a week.

How bad is the pain, on a scale of 0 to 10, when you have a bowel movement?
I would say 7 to 8.

Are you taking any medication that might cause constipation or diarrhoea?
Nothing out of the ordinary. I did consider taking painkillers, but I

wasn't sure if I should take ASS or something else.

It's good that you didn't! ASS may cause the **bleeding to worsen**. It's better to take paracetamol. First, I'd like to show you the OTC-products that are available for treating haemorrhoids. Just a moment I'll go and get them.
Thank you.

This first one here will help reduce the pain and discomfort, it has an applicator to help you apply the **ointment** where it is needed. We also have **suppositories** that you **insert** in the affected area for the night.
I think I'll take the ointment, please.
Is there anything else that you can recommend?

Yes, taking a lukewarm bath can help **alleviate** the symptoms. You can apply the ointment after bathing to help reduce the swelling and **itchiness**. Try and eat more fibre, which will keep your stools softer, and make it easier to “go”. You should also try and get enough fluids and avoid anything with caffeine in it.
Thank you, I would do anything to get rid of these piles!

Before I forget: your piles should improve after about three days, and you shouldn't use the ointment longer than a week. If the bleeding becomes severe, or if there is pus, please go to your GP immediately!

*Catherine Croghan,
Lecturer in English and native speaker*

VOCABULARY

painful	schmerzhaft
approximately	zirka, ungefähr
considerable	erheblich
discomfort	Beschwerden, Unwohlsein
constipation	Verstopfung, Obstipation, Darmträgheit
pregnancy	Schwangerschaft
dos and don'ts	Verhaltensregeln
fibre	Ballaststoff
damp	feucht
wipe	abwischen
bowel movement	Stuhlgang
rather	ziemlich
embarrassing	peinlich
go to the loo	(ugs.) aufs Klo müssen
bleeding	Blutung
worsen	sich verschlechtern
ointment	Salbe
suppositories (sing: suppository)	Zäpfchen
insert	einführen
alleviate	lindern
itchiness	Juckreiz
severe	ernst
pus	Eiter