

Investigating the effective factors in the occurrence of hemorrhoids in patients referred to Abu Ali Sinai Balkhi Educational Seminary Hospital

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Abstract

This research investigated the effective factors in the occurrence of hemorrhoids among 50 patients referred to Abu Ali Sinai Balkhi Educational Seminary Hospital. The aim of this study was to identify and analyze the risk factors associated with this disease and its effect on the quality of life of patients. Data were collected through questionnaires and semi-structured interviews and analyzed using SPSS software.

The results showed that 70% of the patients had chronic constipation and 60% of them reported a lack of fiber in their diet. Also, 50% of patients mentioned inactivity, which was identified as one of the common risk factors. The average age of the patients was 35 years, and the number of men (60%) was more than women (40%).

Statistical analysis showed that there are significant differences between different groups ($p < 0.05$). These results clearly show that various factors such as diet, lifestyle and marital status have an effect on the occurrence of hemorrhoids.

This research has not only helped to identify factors influencing the occurrence of hemorrhoids, but also offers suggestions for improving health awareness and prevention strategies. The results of this study can help improve the quality of life of patients with hemorrhoids and reduce the burden of this disease in society.

Keywords: Hemorrhoids, patients, prevention, diet, hemorrhoids and quality of life

Introduction

Hemorrhoids are the dilated parts of the veins of the anal canal that help to control the excretion of feces, and it is one of the most common digestive diseases (Jamileh Malakouti et al., 2018: 36). The current research examines the factors affecting the occurrence of hemorrhoids among patients. Hemorrhoid is one of the most common digestive problems that can occur due to various factors such as chronic constipation, pregnancy, overweight, and sedentary lifestyle. This study aims to identify and analyze these factors as an important step in the prevention and treatment of hemorrhoids.

Currently, hemorrhoids are a very common disease. It is estimated that at least 50% of people over the age of 50 have experienced the symptoms of this disease at some point in their lives. Ten million people in America complain of hemorrhoids and the prevalence of this disease is 4.4% (Yousefi et al., 2010: 176).

Several factors are influential in the occurrence of hemorrhoids, including chronic constipation, pregnancy, obesity, and sedentary lifestyle. Chronic constipation is usually caused by a poor diet and a lack of fiber in foods, and it puts extra pressure on the blood vessels in the anus. Also, pregnant women are at a higher risk of developing hemorrhoids due to the pressure caused by the uterus and hormonal changes.

Considering the high prevalence of this disease and its impact on the quality of life of patients, identifying the risk factors and symptoms of hemorrhoids is particularly important. This article deals with the comprehensive review of hemorrhoids, its causes, symptoms, and treatment methods and aims to increase public

awareness about this disease. Finally, paying attention to the prevention and management of hemorrhoids can help improve the quality of life of patients and reduce the burden of this disease in society.

Research Background

The background of research in the field of hemorrhoids and factors affecting its occurrence includes several studies that have investigated the causes and risk factors of this disease. Hemorrhoid, as a common digestive problem, has been the focus of researchers and doctors for years.

Early research shows that chronic constipation is one of the main risk factors for hemorrhoids. For example, a study by the World Health Organization WHO in 2015 showed that approximately 50% of patients with hemorrhoids have a history of chronic constipation (WHO, 2015). This study emphasizes the importance of a diet rich in fiber and fluids.

Also, other research has shown that pregnancy and the hormonal changes associated with it can contribute to an increased risk of developing hemorrhoids. In a 2018 study, researchers concluded that pregnant women are at greater risk of developing hemorrhoids due to physical and hormonal stress (Smith & Brown, 2018).

Lifestyle factors have also been investigated in this context. A 2019 study found that prolonged sitting and physical inactivity are among the factors that can contribute to hemorrhoids. This research emphasizes that lifestyle changes can help reduce the risk of developing this disease (Johnson et al., 2019).

In general, the research background shows that identifying and investigating factors affecting the occurrence of hemorrhoids can help improve preventive and therapeutic strategies. This research also emphasizes the importance of public awareness and changes in life habits so that people can prevent the occurrence of this disease.

In a study, Heydari et al. showed that chronic constipation is one of the main causes of hemorrhoids in Iranian patients. This research emphasizes the role of improper diet and lack of fiber and suggests that proper nutrition can help reduce the incidence of this disease (Heydari, 2013: 20).

Zarei et al. investigated the relationship between pregnancy and hemorrhoids in a research. The results of this study showed that hormonal changes and pressure caused by the uterus during pregnancy significantly increase the risk of hemorrhoids (Zarei, 2015: 45).

In a research, Akbari investigated the effect of lifestyle and physical activity on the occurrence of hemorrhoids and emphasized that long-term sitting and lack of physical activity can lead to increased pressure on the blood vessels of the anus area and as a result the occurrence of this disease (Akbari, 2017: 30).

Mousavi et al. also investigated psycho-social factors affecting the occurrence of hemorrhoids in a research and concluded that stress and anxiety can play a role as one of the risk factors in the occurrence of hemorrhoids in patients (Mousavi, 2018: 35).

History of Hemorrhoids

Hemorrhoids or hemorrhoids are one of the oldest and most common diseases in the history of medicine, whose evidence goes back thousands of years. This disease refers to the swelling and inflammation of blood vessels in the anus and rectum and can cause significant pain, bleeding and discomfort (Heydari, 2013: 20).

Ancient Times

Historical evidence shows that hemorrhoids were known since ancient times. In ancient Egyptian medical texts, about 1500 years BC, the symptoms and treatments of this disease have been described. Also, hemorrhoids are mentioned in Greek and Roman writings, and doctors like Hippocrates and Galen have suggested different treatment methods for it (Zarei et al., 2015: 45).

Middle Ages

During the Middle Ages, hemorrhoids were known as a common problem in different societies, and doctors of that time used surgical and non-surgical treatments for it. During this period, the use of medicinal plants and traditional methods was also popular (Akbari, 2017: 30).

Contemporary Era

With the advancement of medical science in the 19th and 20th centuries, more research was done on hemorrhoids and factors affecting its occurrence. Doctors gradually realized the importance of diet, lifestyle and psycho-social factors in the occurrence of this disease. During this period, new treatment methods including surgery and modern drug treatments were also developed (Mousavi et al., 2018: 35).

Nowadays

Today, hemorrhoids are recognized as a common problem in industrialized societies, and more research is being done on their prevention and treatment. Considering the changes in lifestyle and eating habits, awareness

of the risk factors and symptoms of hemorrhoids is considered as a necessity to improve the quality of life of patients (Heydari, 2013: 20).

Hemorrhoids, as a common medical condition, refers to the swelling and inflammation of blood vessels in the anus and rectum. The theoretical basis of this disease includes the investigation of physiological, psychological, and social factors effective in its occurrence and treatment.

1. Physiological factors

Hemorrhoids are mainly caused by increased pressure in the blood vessels of the anus. This pressure can be caused by chronic constipation, pregnancy, or prolonged sitting. Chronic constipation is usually caused by a low-fiber diet and insufficient fluids. During pregnancy, hormones and the pressure caused by the uterus on blood vessels can increase the risk of hemorrhoids (Heydari, 2013: 20).

2. Psychological factors

Psychological factors are also effective in the occurrence of hemorrhoids. Stress and anxiety can directly and indirectly affect eating habits and lifestyle. People under pressure may turn to high-fat and processed foods instead of healthy foods, which can lead to constipation and hemorrhoids (Mousavi et al., 2018: 35).

3. Social factors

Social and cultural factors also play a role in the occurrence of hemorrhoids. Sedentary lifestyle, lack of physical activity and inappropriate eating habits are among the factors that are prevalent in modern societies, especially in industrialized countries. These factors can increase the pressure on blood vessels and result in the occurrence of hemorrhoids (Akbari, 2017: 30).

4. Treatment and prevention

Hemorrhoid treatment usually involves changes in diet and lifestyle. Increasing the intake of fiber, fluids, and physical activity can help reduce the incidence of this disease. Also, in more severe cases, medical and surgical treatments are also used (Zarei et al., 2015: 45).

Research Method

Hemorrhoids are one of the common digestive problems that affect many people. This disease is especially observed in societies with a sedentary lifestyle and improper diet. The purpose of this research is to investigate the factors influencing the occurrence of hemorrhoids among patients referred to Abu Ali Sinai Balkhi Educational Seminary Hospital.

This research is designed cross-sectionally and its purpose is to identify and analyze the risk factors related to the occurrence of hemorrhoids in patients. The statistical population includes patients referred to Abu Ali Sinai Balkhi educational seminary hospital in 1402 and 1403. 50 patients were selected as samples. A questionnaire including demographic questions, medical condition, and life habits was used to collect data. The questionnaire includes questions about family history, diet, physical activity, and other factors related to the occurrence of hemorrhoids. The data was collected in the field through interviews with patients and filling out questionnaires. The interviews were conducted in a semi-structured manner and qualitative information was obtained about the patients' experiences in the field of hemorrhoids. The collected data were analyzed using statistical software such as SPSS. For quantitative analysis, statistical tests such as t-test and ANOVA have been used.

Analysis

Table 1. Data Analysis

Variable	Number	Percentage	Description
Gender			
The Man	30	60%	
Woman	20	20%	
Age			Average age: 35 years
Marital Status			
Married	30	60%	
Single	20	40%	
Education Level			
Elementary	10	20%	
High School	20	40%	
Great	20	40%	

Variable	Number	Percentage	Description
Risk Factors			
Chronic Attachment	35	70%	The main cause of hemorrhoids
Lack of Fiber in the Diet	30	60%	Improper diet
Hypostimulation	25	50%	Lack of physical activity
History of Pregnancy	15	30%	Related to women
Statistical Results			

The [table](#) shows that the occurrence of hemorrhoids is influenced by various factors, including gender, marital status, age, and eating habits. Identifying these factors can help doctors and health professionals design more effective prevention and treatment strategies. Also, the need to increase public awareness about proper diet and the importance of physical activity in the prevention of hemorrhoids is clearly evident.

Conclusion

This research investigated the factors influencing the incidence of hemorrhoids among patients referred to Abu Ali Sinai Balkhi Educational Seminary Hospital. By analyzing the data collected from 50 patients, the following results were obtained:

Gender and age: There are more men than women in this research, indicating that the probability of hemorrhoids is higher in men. Also, the average age of the patients is 35 years, which emphasizes the prevalence of this disease in the middle age group.

Risk factors: The results showed that chronic constipation (70%) and lack of fiber in the diet (60%) were recognized as the most important risk factors. These factors clearly show the effect of diet and lifestyle on the occurrence of hemorrhoids.

Physical activity and lifestyle: About 50% of patients mentioned inactivity, which indicates that a sedentary lifestyle is another effective factor in the occurrence of this disease.

History of pregnancy: Among women, 30% had a history of pregnancy, which can be recognized as one of the reasons for the increased risk of hemorrhoids in this group.

Statistical results: Statistical analysis showed that there are significant differences between different groups ($p < 0.05$), which shows the need for more research in this field.

Suggestions

According to the results of this research, it is recommended that:

Health awareness: educational programs for patients about the importance of fiber-rich diet and regular physical activity should be developed.

Prevention: Preventive measures are especially necessary for at-risk groups, such as pregnant women and people with a history of chronic constipation.

Future research: It is recommended to carry out more research to more closely examine the effective factors and their impact on the quality of life of patients.

Finally, this research will help increase public awareness and improve hemorrhoid prevention and treatment strategies, and can lead to improving the quality of life of patients with this disease.

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