

Adding Fiber, And Other Simple Steps To Improve Digestion

To Your Digestive Health:

The benefits of adding fiber to one's diet is multifold. Fiber assists in promoting weight loss, moderating blood sugar (thereby improving diabetes management) and lowering cholesterol (thereby reducing the risk of heart disease). In addition, dietary fiber and fiber supplements have a significant role in alleviating constipation, thereby preventing hemorrhoid progression and the potential for colon polyp development.

According to the American Cancer Society, colorectal cancer is the second-leading cause of cancer-related deaths in the United States. Remember, colorectal cancer may not have any signs at all, which is why a baseline colonoscopy should be performed starting at age 40 or even earlier if you have any risk factors, which include, but are not limited to: rectal bleeding, rectal and/or abdominal pain, family history of colon cancer, or a personal history of polyps and/or colon cancer. Nevertheless, rectal bleeding requires further investigation. A colonoscopy may locate polyps. If removed when found early enough, that can prevent progression of colon cancer. Fiber has also been shown to prevent colon polyps by reducing transmission of toxins through the colon, possibly preventing colon cancer; it also controls the pH in the intestines, which may prevent microbes from producing cancerous substances.

Various rectal conditions can be prevented by establishing a good digestive routine. Many people are unaware that recurrent loose stools can cause spasms (creating narrow stools), strictures (or tightening) of the rectum as well as itching. Fiber assists in moving bulk through the intestines and controls the pH in the intestines, which can prevent both of these issues. Whereas chronic constipation may increase one's chance for hemorrhoids and fissures (small tears in the rectum which may create pain, bleeding and itching), fiber can help to prevent these conditions as well.

It may be difficult to achieve the recommended fiber within daily dietary intake, which is why adding

fiber makes good digestive sense. Eating the recommended five daily servings of vegetables and fruits, as well as adding a fiber powder supplement will help you successfully achieve the recommended 25 to 30 grams of

fiber per day. Balancing fiber in your daily diet, avoiding alcohol, decreasing caffeine intake, exercising and maintaining a healthy weight are all measures to improve your quality of life. However, even with the addition of fiber, hemorrhoids may still be bothersome with symptoms including, but not limited to: bleeding, pain/pressure and/or itching. The **Relief Center** specializes in treating these conditions, so don't put off an evaluation any longer.

Dr. Robert Cutler, a board-certified proctologist, and board-certified Nurse Practitioner Sheri Grisso have specialized in using the infrared coagulation (IRC) for effective in-office treatment of hemorrhoids for **over 15 years**. This treatment does not require any preparation and you may return to work the same day (in most cases). A majority of insurance companies cover this procedure, even Medicare. In many cases, these treatments can prevent a painful surgical hemorrhoidectomy, which often leads to a long recovery. We also offer the rubber band ligation for treatment of hemorrhoids. We are focused on improving quality of life for all individuals; at the Relief Center, we approach each condition with compassion and professionalism. Many conditions can easily be treated in our office setting, and we will formulate a plan that specifically fits your needs. Hemorrhoids (and other rectal disorders) are no longer a condition one must suffer in silence.

Contact the **Relief Center at (561) 842-5050** to schedule your personalized consultation at either our Palms West location or our Port St. Lucie location. Mention this ad for a **free fiber sample** at your initial visit.



Nurse Practitioner Sheri Grisso



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