

Getting to the **BOTTOM** of It

DR QUAH HAK MIEN sets the record straight about a few haemorrhoid myths.

Sitting on something cold will give me piles. Myth or truth?

“This is a popular myth but there is no truth to it. Similarly, taking over a warm seat after someone has vacated it will not cause piles. This is a common myth among the Chinese.”

If I have haemorrhoids it’s a sign I have colorectal cancer. Myth or truth?

“Both colorectal cancer and haemorrhoids share similar symptoms of bleeding causing this confusion. But haemorrhoids do not turn cancerous.”

Spicy food will give me piles. Myth or truth?

“Again, this is not the case. It’s true that some spicy food may cause rectal irritation and itching. These symptoms, however, should not be confused with piles. On the other hand, if a person is already diagnosed with

piles, it’s best for them to avoid spicy food. Spicy food will not make the piles get worse but it can make them more uncomfortable by causing irritation and a burning sensation.”

Only old people get haemorrhoids. Myth or truth?

“Haemorrhoids are very common problem; about a third of the population has symptoms of haemorrhoids. It can affect both the young and old. Pregnant ladies are also more prone to developing haemorrhoids.”

Piles surgery is very painful. Myth or truth?

“Piles treatment methods nowadays are much less painful and the recovery is faster. In fact, most early stage piles can be treated successfully without surgery, so there’s no need to delay seeking treatment.”

Quah Hak Mien Colorectal Centre

6 Napier Road, #05-01 Gleneagles Medical Centre
6479 7189 | colorectalcentre.com.sg