

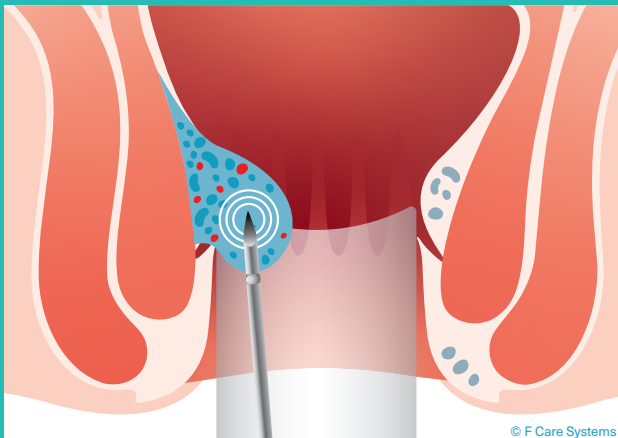
Treatment

Haemorrhoids without symptoms generally do not require treatment. If, however, they protrude from the anus during defecation, cause pain and/or bleeding, medical intervention may be necessary.

Rafaello® is an innovative, minimally invasive technique for treating haemorrhoids without, in most cases, any considerable or long-lasting pain. Launched in 2016, it is now being offered by surgeons in numerous countries around the world.

This procedure uses high frequency electromagnetic waves (4MHz). These waves are transmitted to the tip of a specially designed probe, as it enters the haemorrhoid, ultimately cutting off its blood supply, causing it to shrink, necrose and fall away.

The **Rafaello®** treatment is performed in an outpatient setting, using only local anaesthetic. The procedure itself only takes a few minutes, and the aftercare is minimal, so you can quickly resume your daily activities.



Advantages

- + Minimally invasive procedure
- + No incision = no risk of anal incontinence
- + Little or no pain during and after the treatment
- + Minimal aftercare
- + Rapid return to daily activities



**Do you have any questions?
Feel free to ask your doctor.**

Stamp of health institution:

F Care Systems NV
www.fcaresystems.com

Learn more about haemorrhoids

and Radiofrequency Therapy



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What are haemorrhoids?

Haemorrhoids are swollen blood vessels in the rectum or anus.

How do haemorrhoids occur?

Factors that can cause haemorrhoids are:

- Increased pressure in the rectum
- Chronic diarrhoea
- Difficult bowel movement or constipation
- Holding back the stool
- Insufficient physical activity
- Not drinking enough water
- Overweight
- Pregnancy
- Regularly eating food low in fibre
- Genetic predisposition
- Old age

The condition is most common in people over fifty and about four times more common in women than in men. Up to 75% of all adults suffer from haemorrhoids at some point in their lives. Although it is a medically harmless condition, many people suffer terribly from it, affecting their daily routine.

Symptoms of haemorrhoids

- Bleeding
- Itching and/or burning
- Pain during defecation
- Painful feeling in the anus
- Swelling in or around the anus
- Loss of fluid or mucus

Types of haemorrhoids

Haemorrhoids are generally classified according to severity. There are four grades:

Grade I

Small haemorrhoid without prolapse, not visible from the outside, with usually mild symptoms.

Grade II

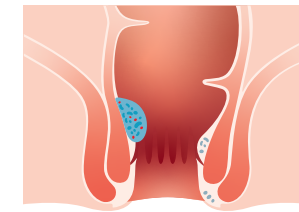
More markedly enlarged haemorrhoid, which sometimes comes out with the push, and then returns to its original position.

Grade III

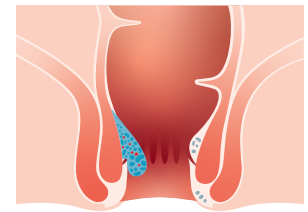
Enlargement to such an extent that the haemorrhoid continually bulges outwards, but can still be pushed back.

Grade IV

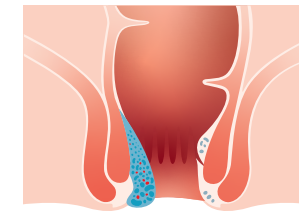
Very large prolapsed haemorrhoid which can no longer be pushed back in.



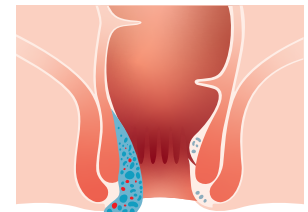
Grade I



Grade II



Grade III



Grade IV

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How to prevent haemorrhoids?

To prevent or deal with symptoms, the most important thing is to make sure your bowel movements are regular and soft.

You can do this:

- Drink enough water (1.5 to 2 litres/day)
- Eat products rich in fibre (such as wholemeal bread, seeds, and certain vegetables)
- Try to get enough exercise (min. 30 minutes/day)
- Avoid being overweight
- Avoid holding up stools
- Avoid straining
- Do not stand or sit for too long