

Getting In Touch with your Perineum

Hard stools can cause hemorrhoids (swollen veins) by putting too much pressure on the lower rectum and anus. Stretching, tear or rupture of the tissue around the anus can also occur in severe cases. The standard non-surgical treatments for this problem are (i) to change your diet (for example, adding fiber supplements) to soften the stool, (ii) to change your physical activity (for example, exercising more) to make the membrane more resilient, and (iii) to apply ointments (such as Preparation H) to lubricate the membrane to allow the hardened stool to pass by doing less damage.

An additional approach is to "Press On Your Perineum." The perineum is the skin between the anus and the vagina. By pressing on your perineum (as described in more detail inside), it is possible to soften the stool "just in time" – that is just before it has to pass through the sphincter and by the anus membrane.

This technique does not require advance planning. You can push on your perineum to prevent a hemorrhoid from forming or to make it easier to defecate if you are suffering from an active hemorrhoid.

Stool softeners, creams and dietary supplements not working?

This technique was developed by a Yale Professor and hemorrhoid sufferer, who explains:

"When I was in my thirties, I had a fairly severe problem with recurring hemorrhoids. I tried fiber supplements, but it is very hard to change your diet long term. And my prognosis was not good. But, I have been using this technique and I have been hemorrhoid free for more than 15 years. "



If you experience severe pain and/or bleeding during defecation, you should seek medical attention immediately.

If you have questions or comments, please contact:

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Perineal Self- Acupressure

An alternative, non-medicinal
treatment for Constipation/
Hemorrhoids

Finding Your Perineum

Your perineum is the region located between the vagina and the anus.

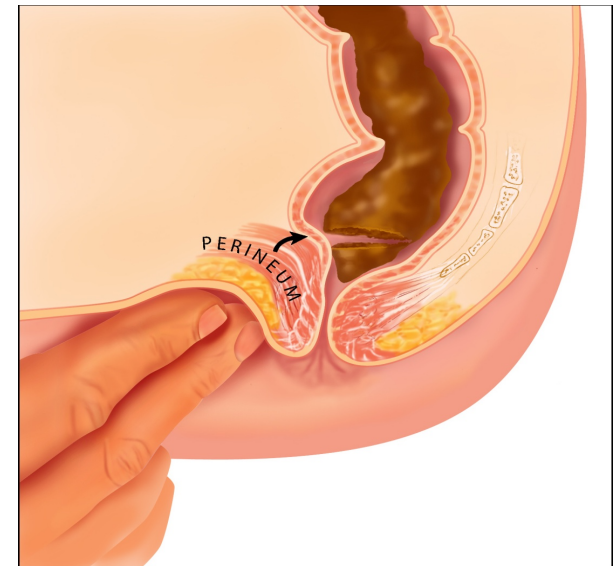
The inset below shows in greater detail how to locate your perineum. The area encapsulated by the oval in between the vagina and the anus represents the place where you should push.

How to Press on Your Perineum:

Here's how it works. When you feel the urge to defecate, you should:

1. Fully finish urinating before starting to defecate. [To accomplish this you should lean forward and make sure to breathe in and out while urinating, and not to push.]

2. With two extended fingers (middle and index), you should press on your perineum, pushing toward the back of your body on the skin roughly half way between your vagina and anus (see graphic to the right). When you sense that you are just about to defecate, your fingers should be able to feel underneath your perineum the stool inside you pushing against your sphincter. You do NOT need to touch the stool itself. You should



push on your perineum in repeated pulses. Imagine that you are using your fingers to break up and guide the stool downward inside you. By pushing several times on the skin, you can manually break up the stool before it passes through the sphincter. You should relax your sphincter only when the stool above it is sufficiently soft to pass through.

