



CHECKLIST

Are you at risk for **Bleeding Hemorrhoids?**



**Answer these
7 questions
and find out
NOW!**

#1

**Do you strain or push hard
when using the bathroom?**

WHY?

Because constant **pressure** can make veins around your rectum **swell**.

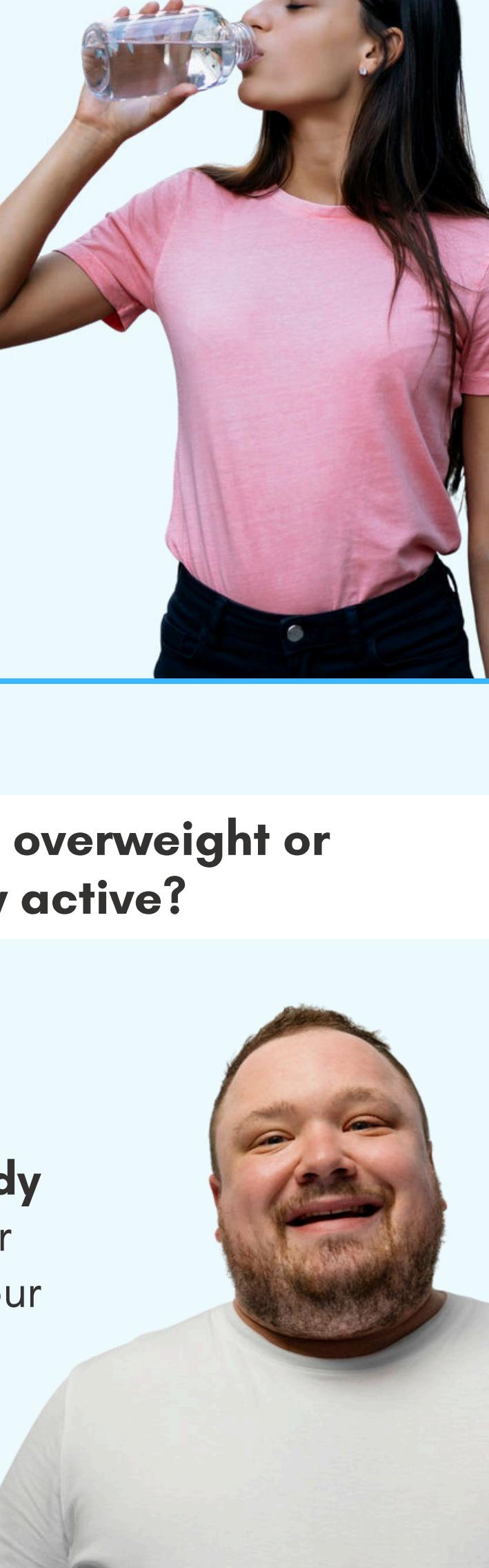


#2

**Do you often deal with
constipation or diarrhea?**

WHY?

Because both make you spend **more time straining or wiping**, which irritates the area.



#3

Do you sit for long hours every day (at work or home)?

WHY?

Because sitting too long **slows blood flow** and increases pressure on rectal veins.

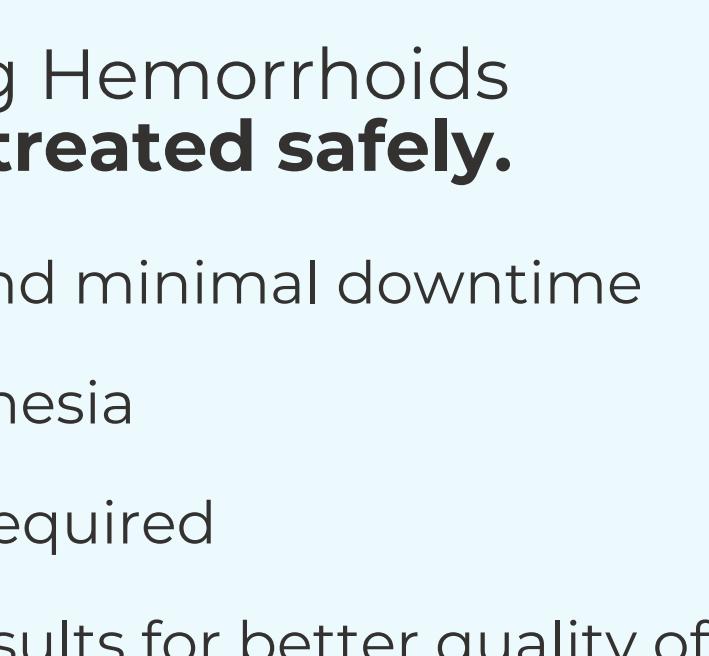


#4

Do you spend too much time on the toilet (scrolling counts!)

WHY?

Because **extra sitting time = extra pressure** on sensitive veins.

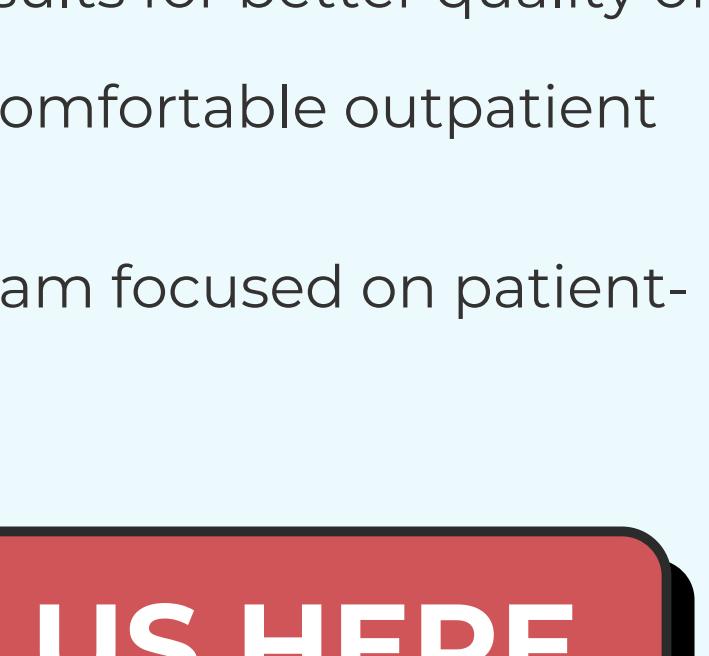


#5

Do you eat low-fiber foods (fast food, processed snacks)?

WHY?

Because low fiber means **harder stools** and more straining.

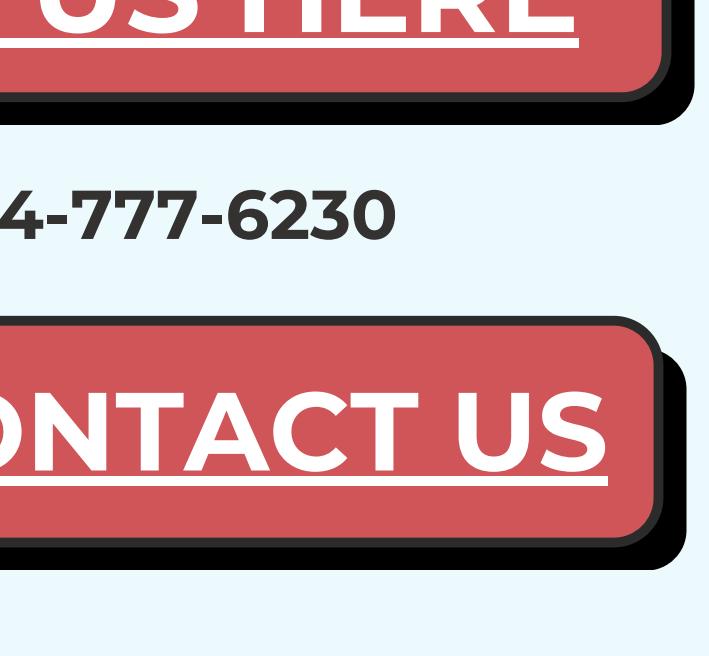


#6

Do you drink enough water?

WHY?

Because **dehydration** leads to **constipation** and harder bowel movements.



#7

Are you overweight or not very active?

WHY?

Because **extra body pressure** and poor circulation raise your risk.

#8

The more boxes you check, the higher your risk!

WHY?

Bleeding Hemorrhoids can be treated safely.

- ✓ Faster recovery and minimal downtime

- ✓ No general anesthesia

- ✓ No hospital stay required

- ✓ Proven, lasting results for better quality of life

- ✓ State-of-the-art, comfortable outpatient facilities

- ✓ Expert medical team focused on patient-centered care

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