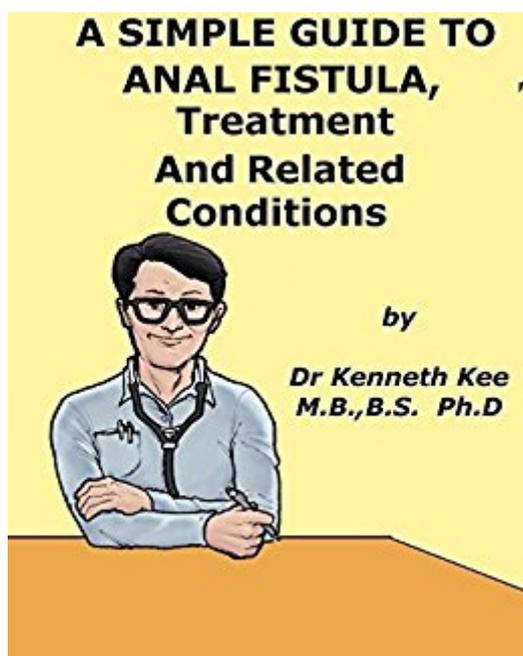


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# A Simple Guide To Anal Fistula, Treatment And Related Diseases (A Simple Guide To Medical Conditions)



## Synopsis

**Introduction**  
**Ode to Anal Fistula**  
Anal Fistula is a track between the anorectal canal and the perianal skin. There may be several external openings but only one internal opening. It occurs from the breakdown of anal abscesses. It can also occur from surgery of anal fissures. There is pain on sitting down or anal itching. Sometimes purulent pus near the anus may be discharging. A probe may be needed to trace the anal fistula opening. A dye may be injected to trace the track in the large intestine. The surgeon may lay open the fistula and scrape the lining. In case of high fistula, a colostomy may be needed above the opening. Oral Antibiotics may be required for severe bacterial infections. Tub baths, toilet and dressing daily are needed for better fistula elimination. An original poem by Kenneth Kee.

**Interesting Tips about the Anal Fistula**  
**A Healthy Lifestyle**

1. Take a well Balanced Diet
2. Surgery of anal fistula  
a. Treatment of low level fistula: The surgeon lay open the track and curette (scrape the lining and debris in the track out).  
b. Treatment of high level fistula: The surgeon open the track from within the ischiorectal fossa.  
c. Colostomy may be necessary for multiple fistulas or very high internal opening.
3. General treatment:
  - i. Treatment of associated diseases like diabetes, ulcerative colitis, regional ileitis, and carcinoma.
  - ii. Antibiotics - a full course of at least 2 weeks of antibiotics is needed.
  - iii. Toilet and dressing of the wounds, with application of antibiotic creams.
  - iv. Tub baths of the anal region several times a day in plain, warm water for about 10 minutes.
3. Keep bones and body strong  
Bone marrow produces our blood. Eat foods rich in calcium like yogurt, cheese, milk, and dark green vegetables. Eat foods rich in Vitamin D, like eggs, fatty fish, cereal, and fortified milk. Eat food rich in Vitamins B and C such as green vegetables and fruits. Zinc and other minerals are important to the body.
4. Get enough rest and Sleep. Avoid stress and tension.
5. Exercise and stay active. It is best to do weight-bearing exercise such as walking, jogging, stair climbing, dancing, or lifting weights for 2½ hours a week. One way to do this is to be active 30 minutes a day at least 5 days a week. Begin slowly especially if a person has not been active.
6. Do not drink more than 2 alcohol drinks a day for a man or 1 alcohol drink a day for a woman. Alcohol use also increases the chance of falling and breaking a bone. Alcohol can affect the neurons and brain cells.
7. Stop or do not begin smoking. It also interferes with blood supply and healing.

**Chapter 1**  
**Anal Fistula**  
Anal Fistula is a chronic granulous track that communicates between the anorectal canal and the perianal skin. There may be several external openings but only one internal opening.

**Causes:** Anal Fistula usually results from:

1. Breakdown of anorectal abscesses
2. Follows surgery for anal fissure
3. Less common causes are:
  - a. Lymphogranuloma venereum
  - b. Carcinoma of rectum
  - c. Ulcerative colitis
  - d. Tuberculosis

**Symptoms:**

1. Pain especially on sitting down
2. Purulent painless discharge (pus) near the anus
3. Recurrent perianal abscesses (pockets of pus around the

anus)4. Pruritis ani (itch in anus)Diagnosis:1. Thorough examination of the perianal region2. Rectal examination and palpation of the fistula track3. Pass a probe through the perianal opening to determine the length of the track4. Sigmoidoscopy and colonoscopy to detect internal opening and other lesions in the rectum and large intestine5. Barium enema to exclude any ulcerative colitis and regional ileitisThere are 2 types of anal fistula:1. High level fistulas penetrate above the levator ani-muscle of the anal sphincter2. Low level fistulas are below the levator ani and are more commonTABLE CONTENTIntrodu

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