

## PPH Backgrounder

### Procedure for Advanced Hemorrhoids Involves Less Pain and a Quicker Recovery

According to the American Society of Colon and Rectal Surgeons, half of all Americans will suffer hemorrhoids during their lifetimes. Additionally, the average person with symptomatic hemorrhoids suffers in silence for a long period before seeking medical care. Embarrassment, fear of extreme pain and long recovery associated with traditional hemorrhoidectomy, and fear of cancer, all play a role in the delay in seeking treatment.

A groundbreaking surgical procedure for advanced hemorrhoids called the Procedure for Prolapse and Hemorrhoids (PPH) allows patients an alternative to traditional hemorrhoidectomy. PPH reduces the prolapse (enlargement) of hemorrhoidal tissue, and according to clinical studies and patient testimonials, offers patients significantly less pain and faster recovery time than patients who undergo conventional hemorrhoidectomy procedures.

#### Results from PPH Clinical Studies

Several clinical studies have shown positive results for this procedure. Compared to patients receiving a conventional hemorrhoidectomy, patients undergoing the PPH procedure:

- Experience less post-operative pain
- Spend less time in the hospital
- Suffer less post-operative itching
- Experience less post-operative incontinence and constipation
- Return to normal activities, including work, in a significantly shorter amount of time (mean 17.1 days vs. 22.9 days)

#### How PPH Works

Using a stapling device, the PPH procedure essentially “lifts up” and repositions the mucosa, or anal canal tissue, and reduces blood flow to the internal hemorrhoids. These internal hemorrhoids, then, typically shrink within four to six weeks after the procedure. The PPH procedure results in less pain than conventional procedures because it is performed above the “pain” line, or *dentate line*, inside the anal canal. The advantage is that this method affects few nerve endings, while traditional procedures are performed below the dentate line, affecting many sensitive nerve endings.

#### PPH Indications

PPH is indicated for patients with:

- Second degree hemorrhoids after failure of other therapies
- Third and fourth degree hemorrhoids
- Rectal mucosal prolapse

#### PPH Surgeon Training

Since the PPH procedure was introduced in the United States in October 2001, it has been gaining popularity among physicians. More than 20,000 PPH procedures performed in 2004.

Ethicon Endo-Surgery manufactures an instrument set to perform the procedure, the Proximate<sup>®</sup> HCS Procedure for Prolapse and Hemorrhoid set. In addition, Ethicon Endo-Surgery provides extensive training to surgeons before they use the product.

As with any surgical procedure, there are risks and complications that accompany PPH. Patients should consult with their physicians to see if the procedure is right for them.