General Surgery

**Haemorrhoid Clinic**

Reasons and Causes

* Constipation – most common cause, hard stools/straining during defecation
* While haemorrhoids are most common between ages 45 and 65
* Women are more likely to get haemorrhoids while pregnant.
* The likelihood of developing haemorrhoids increases as a person ages.
* Haemorrhoids occur when the veins surrounding the anus are engorged or enlarged.
* Diet related obesity can cause haemorrhoids
* Lifting heavy weights

**Symptoms:** Bleeding; Itch; Pain; lump or Swelling at anus (medical)

**Risk Factors**: Constipation

**When to seek medical help:** when you have painless bleeding, itching, irritation, discomfort, pain, soreness, lumps or swelling in the anal area

Treatment:

* Lifestyle modification like high fibre diet; plenty of liquids orally, controlling weight
* Medicines: Laxatives, Venous decongestant,
* LASER Hemorrhoidopexy: latest treatment of haemorrhoid with LASER which is day care procedure and almost painless
* Stapler Hemorrhoidopexy: Treatment of Haemorrhoids with stapler which cut and staple haemorrhoids.
* Transanal Hemorrhoidal Dearterialization (THD): Latest treatment which involve ligation of blood vessels feeding the haemorrhoids.

**Hernia Clinic**

Reasons and Causes

* Due to weakened muscles present since birth
* With aging and repeated strains on the abdominal and groin areas
* Obesity, Pregnancy, Frequent coughing -that can strain the lower abdomen
* Straining on the toilet due to constipation/ bowel movement
* Lifting heavy objects
* Any condition which increases the pressure of the abdominal cavity like chronic cough, constipation, difficulty in urination

Symptoms

* New lump or swelling at groin area.
* Abdominal pain which is dull in starting of hernia and sharp, severe with complications.
* Obstruction of bowel inside the hernia leads to nausea, vomiting, severe abdominal pain and inability to pass flatus or stool
* Strangulation of hernia: bowel inside the hernia get twisted and obstructed which leads to severe pain, nausea, vomiting, failure to pass gas or stool along with fever, red, tender swelling

**Risk Factors:** The main risk factors of hernia include pregnancy, weight lifting, constipation, and weight gain.

**When to seek medical help:**

* The bulge of your hernia protrudes out when you lie down
* If you have Hernia and you develop fever, chills, nausea, or vomiting, have blood in your stool, or are unable to have a bowel movement or pass gas

Treatment:

Surgery is the only treatment available for hernia. At Medeor hospital, our experienced doctors treat hernia with state of art, latest laparoscopic surgical procedures which involves less pain, discharge on the same day, early resumption of normal life.

**Thyroid Clinic**

Surgery is the recommended treatment for several disorders of the thyroid gland. These may include one of the following:

* Large thyroid or multi-nodular goitre (a goitre is an enlarged thyroid gland) causing obstructive symptoms of breathing or swallowing difficulties
* Solitary nodule thyroid adenoma (a benign tumour)
* Thyroid cancer
* Graves’ disease (hyperthyroidism or thyrotoxicosis)
* Recurrent thyroid cyst
* Where the type of nodule is unclear

**Symptoms of overactive thyroid**

* Experiencing anxiety, irritability and nervousness.
* Having trouble sleeping.
* Losing weight.
* Having an enlarged thyroid gland or a goitre.
* Having muscle weakness and tremors.
* Experiencing irregular menstrual periods or having your menstrual cycle stop.

**Symptoms of an underactive thyroid**

* Feeling tired (fatigue).
* Gaining weight.
* Experiencing forgetfulness.
* Having frequent and heavy menstrual periods.
* Having dry and coarse hair.
* Having a hoarse voice.
* Experiencing an intolerance to cold temperatures.

**When to seek medical help**

Any thyroid swelling or goitre needs to be treated;

People who have hypothyroidism and develop fever, changes in behaviour or mental status, slowness of breath, or increased swelling of the hands and feet should be taken to an emergency department.

**Breast Clinic**

Multi-cultural, all women team at Medeor Hospital, Dubai is there to take care of you from diagnosis through your entire treatment course. Breast Clinic is well equipped to do Breast imaging, biopsies and treatment modalities that is recommended by the doctor.

A breast lump is a localized swelling, bulge, or bump in the breast that feels different from the breast tissue around it or the breast tissue in the same area of the other breast. Breast lumps may develop in both males and females, but they are much more common in females. **Symptoms that can cause concern**

* Abscesses- in breast with nearby skin can feel hot and look red in colour
* Adenoma-abnormal growth of the glandular tissue in the breast ( women under age 30)
* Intraductal Papilloma- wart like growth in the ducts of breast
* Lipoma- non cancerous moveable and soft lump
* Breast Lump- a hard non-movable irregular lump in the breast that is cancerous

**Pancreatic Diseases**

Pancreatic disease and other related disorders are on its rise due to poor lifestyle choices and other conditions like abdominal surgery, alcoholism, cystic fibrosis, gallstones, high calcium levels in the blood, high triglyceride levels in the blood, certain infections, injury in the abdomen, obesity and pancreatic cancer

* Inflammation of pancreas, activating the digestive enzymes that attacks the pancreas resulting in pancreatic bleeding
* Pancreatic cysts
* Tumour of the pancreas that can be benign (noncancerous) or, in more serious cases, malignant (cancerous).

**Symptoms of Pancreatitis**

* Upper abdominal pain
* Abdominal pain that radiates to your back
* Abdominal pain that feels worse after eating
* Fever
* Rapid pulse
* Nausea
* Vomiting
* Tenderness when touching the abdomen

Risk Factors

* Excessive alcohol consumption.
* Cigarette smoking.
* Obesity.

Family history of pancreatitis.

**Varicose Vein Clinic**

Varicose veins are dilated and tortuous veins, mainly occur in legs but can also happen in upper limb and scrotum.

Causes of Varicose vein:

* Congenital weakness of venous wall
* Long standing
* Obesity
* Clot or blockage of veins
* Smoking
* Family history of varicose veins

It is necessary to treat varicose veins because it can leads to complications like swelling of the legs, ulcer on legs and clots inside veins which may dislodged and reach to lung and cause breathing problem.

Symptoms of varicose veins:

* Dilated and tortuous veins
* Pain in legs particularly on long standing
* Swelling of legs
* Ulcer on leg

When to seek medical help: When a patient have dilated veins with pain, swelling of lower limb. Ulcer of leg.

Treatment:

* Compression stockings
* LASER Endo-venous ablation of varicose veins
* Endo-venous Fibrin glue for varicose veins

**FORMAT**

**SURGICAL EXCELLENCE**

**& PROMPT CARE**

**VARICOSE VEIN CLINIC**

**HEMMOROID CLINIC**

**BREAST**

**CLINIC**

**THYROID**

**CLINIC**

**HERNIA**

**CLINIC**

**WEIGHT LOSS CLINIC**

**HEARTBURN CLINIC**

**PROCTOLOGY CLINIC**

**EXPERT TEAM**

* **Prof .J.S Rajkumar**
* **Dr.Ritu Khare**
* **DR.Pinkesh Thakkar**
* **Dr Eswar Moparty**
* **Dr.Madhujith P.**
* **Dr.Juliot Vinolia**
* **[Dr. Ihab El Tayeb](https://www.medeor247dubai.com/en/doctors/view/dr-ihab-el-tayeb.html)**
* **Ms.Reena Thomas**