Strategies for Anorectal Disorders

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• I have no affiliations with commercial interests to disclose.
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A Framework

• Hemorrhoids
• Fissures
• Abscesses & Fistulas
• Fecal Incontinence
• Proctalgia fugax
• Pruritus Ani

Foxx-Orenstein, et al. Common Anorectal Disorders
Gastroenterology & Hepatology 2014;294-301
Hemorrhoids Hands-on Workshop

- Going beyond fiber, creams, and sitz baths
  - Rubber band ligation (e.g., CRH O’Regan)
  - Sclerotherapy
  - Infrared coagulation (IRC)
  - Bipolar electrocautery (Bicap® and HET®)
  - Laser and cryotherapy
  - Low current DC (Ultroid®)
Humor I Will Be Leaving Alone

• There’s nothing funny about having hemorrhoids
• Don’t forget to wear gloves

Fissures

• Nothing new at DDW:
• Strategy:
  – Do a careful examination
  – Keep the stool soft
  – NTG 0.2% ointment or diltiazem 2% ointment
  – Botox injection into IAS
  – Lateral internal sphincterotomy
Anorectal Abscesses and Fistulas

- Not popular at DDW
- Strategies:
  - Rule out IBD, radiation proctopathy, foreign body, prior anal surgery, infection (HIV, TB, etc.), and malignancy
  - Evaluate with MRI and EUA
  - Surgery depends on the type of fistula
  - Antibiotics alone are usually not sufficient

Anal Fistulas

1. Intersphincteric
2. Transsphincteric
3. Extrasphincteric
4. Submucosal

Fecal Incontinence

- Popular at DDW (relatively speaking)
- Strategies:
  - Stool bulking & antimotility agents
  - Biofeedback
  - Hyaluronic acid/dextranomer injection
  - Sacral nerve stimulation
  - Surgery

Fiber or Imodium Prescription (Rx)
Management for Bowel Incontinence: The FIRM Randomized Clinical Trial

- Markland, et al. U of Alabama & UNC
- RCT (cross over) of loperamide and psyllium
- N=80
- Null hypothesis that loperamide was better than psyllium at preventing incontinence.
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Weekly FI Episodes

FIRM Trial

- Psyllium is equally efficacious as loperamide.

- Take home message: use one or both if the patient is not constipated. Then move on to other therapies.
Fecal Incontinence (FI) Prevalence and Associated Gastrointestinal Risk Factors in the U.S. General Population

- Palsson, et al. Supported by Rome Foundation and NIH grant
- Nationwide study of 1665 individuals
- Overall FI rate 9.6%, ♂=♀, no increase prevalence with age, no race differences
- Loose stools, urgency, & IBS are major risk factors for FI

EndoFLIP® to Measure Anal Sphincters Distensibility in Healthy and Faecal Incontinence Subjects

- Alqudah, M, et al. Dublin, Ireland
- Aim: Study EndoFLIP in measuring anal sphincter function in normal and FI pts.
- EndoFLIP is a new device that uses impedance planimetry to distend a balloon and measure pressure and cross sectional area at 16 points along the balloon.
EndoFLIP -2

- 20 normal, 19 FI subjects
- Ramp distensions to 40 ml and squeeze maneuvers at 20, 30, and 40 mg volumes
- Results:
  - A narrow zone was formed in all
  - Distensibility index (mm²/mmHg) in normals (.53) was significantly lower than in FI (2.4) at 40 ml.

EndoFLIP -3

Medians and interquartile ranges. * Significant differences between volumes, Friedman test p<0.001; ** Significant differences between disease and control, Mann Whitney test.
**Proctalgia Fugax**

- Nothing at DDW
- **Strategies:**
  - Sit on fist or tennis ball
  - Albuterol inhaler (β agonist)
  - Topical NTG or diltiazem
  - Botox injection
  - Biofeedback

**Pruritus Ani**

- Nothing at DDW
- **Strategies:**
  - Careful evaluation (e.g., r/o pinworm)
  - If its dry, make it wet. If its wet make it dry.
  - Avoid scratching
  - Antihistamines
  - Witch hazel
  - Dermatology consult
Other Cool Stuff
Vibrating Capsule

- “Vibrating Capsule for the Treatment of Chronic Idiopathic Constipation and Constipation Predominant Irritable Bowel Syndrome – Safety and Efficacy”
- Ron, Safadi, and Halpern, from Israel
- Capsule looks like video capsule, but vibrates in the colon, starting 6 hrs after ingestion.

Vibrating Capsule -2

- Phase II trial, not blinded or randomized
- Took two capsules per week
- Increase of weekly SBM from 2.2 to 4.0 (p < 0.01)
- Symptoms decreased significantly (p < 0.0009)
- Side effects: abdominal pain, diarrhea, flatulence, & abd wall twitches.
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**Humor I Will Be Leaving Alone**

- New meaning to “getting a buzz on”
- Side effect of tinnitus
- Company name is Vibrant Ltd.
- Effects on clogged plumbing
- Sex and vibrators

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**L-Menthol Sprayed Onto the Colonic Mucosa Increases Polyp Detection During Colonoscopy: a Prospective, Randomized Trial**

- Inoue, K et al. Kyoto & Shiga Japan and London, Ontario
- RCT (N=226) for polyp detection rate after placebo or L-Menthol sprayed onto colonic mucosa (to reduce peristalsis)
- Adenoma detection rate with L-Menthol 60% vs 40% (p< 0.009).
- No adverse effects
**Humor I Will Be Leaving Alone**

- Could menthol cigarettes be used as part of a bowel prep?
- Will our patients go home with “minty fresh” flatus?

**Radiofrequency Ablation for the Management of Radiation Proctitis: an Effective and Safe Treatment Modality**

- Prior treatments: APC, formalin, mesalamine suppos., epi injection.
- N=10. Not randomized (phase II)
- Halo 90 or Halo 60 used
- 90% response excellent. 70% only needed one session.
- Intriguing study – I would have expected less from a contact modality
- RCT and comparison are needed
Humor I Will Be Leaving Alone

• I’ve got nothing

PillCam Colon2 After Incomplete Colonoscopy – A Prospective Multi-Center Study

• Baltes, et al. Germany
• Prospective multicenter trial of PillCam Colon 2 after incomplete colonoscopy
• Usually performed on the day after failed colonoscopy. MoviPrep used for “boost”
• 74 patients evaluated successfully
PillCam Colon 2

• Missing segments seen in 95%
• Complete colonoscopy in 65%
• Polyps found in 49%, significant in 28%
• In 75% of patients, the polyps were in segments not seen with colonoscopy
• An adenocarcinoma was found in a 26 mm cecal polyp not previously seen
• One capsule did not pass the SB. Surgery revealed stenosing Crohn’s Disease (Previously undiagnosed)

Humor I Will Be Leaving Alone

• I’ve still got nothing
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The End

Questions?