

Let's Get

Anal

The Do's and Don'ts of Anal Care

A manual by Jamaica AIDS Support For Life

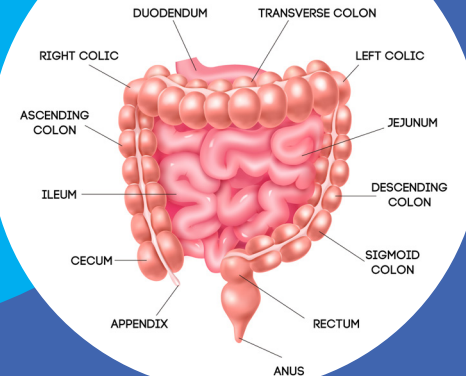


WHAT IS THE ANUS?

The anus is made up of the last few centimetres of the bowel (anal canal) and the anal opening, through which stool (poo or faeces) leave your body. During a bowel movement, the anal muscles (the sphincters) relax to release stool.

Diet, digestion, sexual activity, genetic and environmental factors all play a role in anal health.

ANATOMY INTESTINES



We would all like to have that **Kim Kardashian** or **David Beckham** shaped booty, that turn heads and is twerkable.

BUTT the truth is, all of us will not have one that is shaped like a peach, so we need to ensure we take care of what "our momma gave us".

Anal Hygiene

Cleaning your bum (anus) can seem like a messy topic which many avoids, but everyone needs to know! It may seem straightforward, but it's not, there's potential for injury and damage if you aren't careful when dealing with back there.

Here are some tips to help you take care of your asset:

- Eat a fiber-rich diet involving fruits, vegetables, and whole-grain foods. These help to add bulk to your stool and prevent constipation. Consult with your doctor about how much fiber you should consume.
- Keep the anal area clean by washing every day.
- Drink enough nonalcoholic fluids so that your urine is pale yellow. Fluids help soften your stool, making it easier to pass.
- Use soft toilet paper, and wipe gently after a bowel movement. Avoid vigorous wiping with toilet paper because this may cause further chafing of the skin, which can become inflamed or infected.
- Allow the skin to air-dry after bathing.
- Avoid wearing underwear that irritates the anal area.

A VARIETY OF CONDITIONS CAN **AFFECT THE ANUS**

WHAT CONDITIONS AFFECT THE ANUS?

These conditions include:

ANAL FISSURES: small tears in the lining of the anus that are often caused by passing hard stool. Most fissures heal within 1 to 2 months with good self-care, such as eating a high-fibre diet, drinking lots of water and careful anal hygiene to keep the fissure clean.

ANAL ABSCESS: a collection of pus, usually from an infection. A doctor will treat an abscess by draining the pus, using a local anaesthetic. Antibiotics may be needed.

AN ITCHY BOTTOM: also called pruritus ani, is a common problem. There are many possible causes, including infections, parasites such as threadworms, skin conditions, haemorrhoids and anal fissures. Ways to ease itching include not scratching the itch and gently cleaning the area.

HAEMORRHOIDS (PILES): are swollen blood vessels that form lumps in and around the anal passage, which often cause blood in the stool. They are usually caused by straining, constipation or lifting heavy weights. Haemorrhoids often go away without any treatment. However, if you notice blood in your poo, it's important to see a doctor, to differentiate between haemorrhoids and something more serious.

When to see a doctor?

Anal checks are good! Don't be the butt of the joke, if you feel like something is off, go get an anal examination!

A comprehensive anal examination includes:

1. Taking a history from you the client to elicit any specific anal symptoms like pain, bleeding, itching, and draining, in order to diagnose STIs.
2. Anal inspection, looking for signs of chronic irritation, rashes, ulcers, warts, haemorrhoids, skin tags.
3. Digital rectal examination to check for fissures, fistulae, prostate, bloody stool.

The conditions commonly diagnosed are anogenital warts, haemorrhoids, prostate issues, sexually transmitted infections including Syphilis.

HPV vaccine is now recommended for men and women living with HIV who are 26 years or older and for men who practice anal sex.

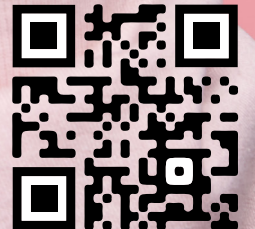
If you are seeing warts or feeling pain and the pain doesn't improve in a few days, or you are experiencing bleeding from your anus, it is important to contact **Jamaica AIDS Support For Life** for a **FREE** anal appointment.

We also provide HIV and Syphilis testing **FREE** of cost.

Contact **Jamaica AIDS Support For Life**
to book an **Anal Care** appointment.



SCAN ME





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To book an **Anal Care** appointment contact:

Jamaica AIDS Support for Life

876-925-0021/2



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