



RECTAL PAIN OR ANAL ITCH

Pain or itching in the rectal or anal area

PINWORMS

Pinworms more likely affect children but the condition may spread to other family members as well. If pinworms are suspected, get a specimen by wrapping a popsicle stick with transparent tape. With the sticky side out and, spread the buttocks wide, and press the stick firmly on the anal opening for two minutes. Seal specimen in an air-tight plastic bag and bring to a medical practitioner.

Symptoms:

- Anal itching that worsens or intensifies at night accompanied by restlessness or irritability

DO:

- Take antiworm medication as directed by a physician.
- Keep the area clean and dry.

DON'T:

- Do not scratch the anal area as this may lead to further infection.

OTHER CAUSES

Other causes may include bowel disorders or poor hygiene.

SCRAPE OR ABRASION

Shallow injury wherein the top layers of the skin have been scraped off

CAUSES

Scrapes and abrasions are hardly serious because the shallow wounds tend to heal quickly and most often disappear without a trace. The wounds can be treated at home.

Symptoms:

- Shallow wound that is not too bloody and only slightly painful

DO:

- Wash the wound thoroughly with water and anti-bacterial soap to remove dirt.
- If bleeding is continuous, apply direct pressure on area using a soft piece of cloth or gauze. Cover scrape with bandage. Once a scab forms on the wound, bandage may be removed.
- If the scrape left a small flap of skin, gently trim it away to lessen tendency to be infected.
- For a non-bleeding wound, leave it uncovered after cleaning to enable it to dry quickly.
- If there is swelling and slight pain, place cold compress on the wound. Crushed ice wrapped in a small towel may help ease pain felt within 24 hours of injury.

DON'T:

- Don't pick wound scabs.