SelfDecode™

# Anal Fissure

## DNA Health Report

REPORT CATEGORY

GUT HEALTH

**Sample Client**

Report date: 15 January 2026

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DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

## Personal information

NAME

**Sample Client**

SEX AT BIRTH

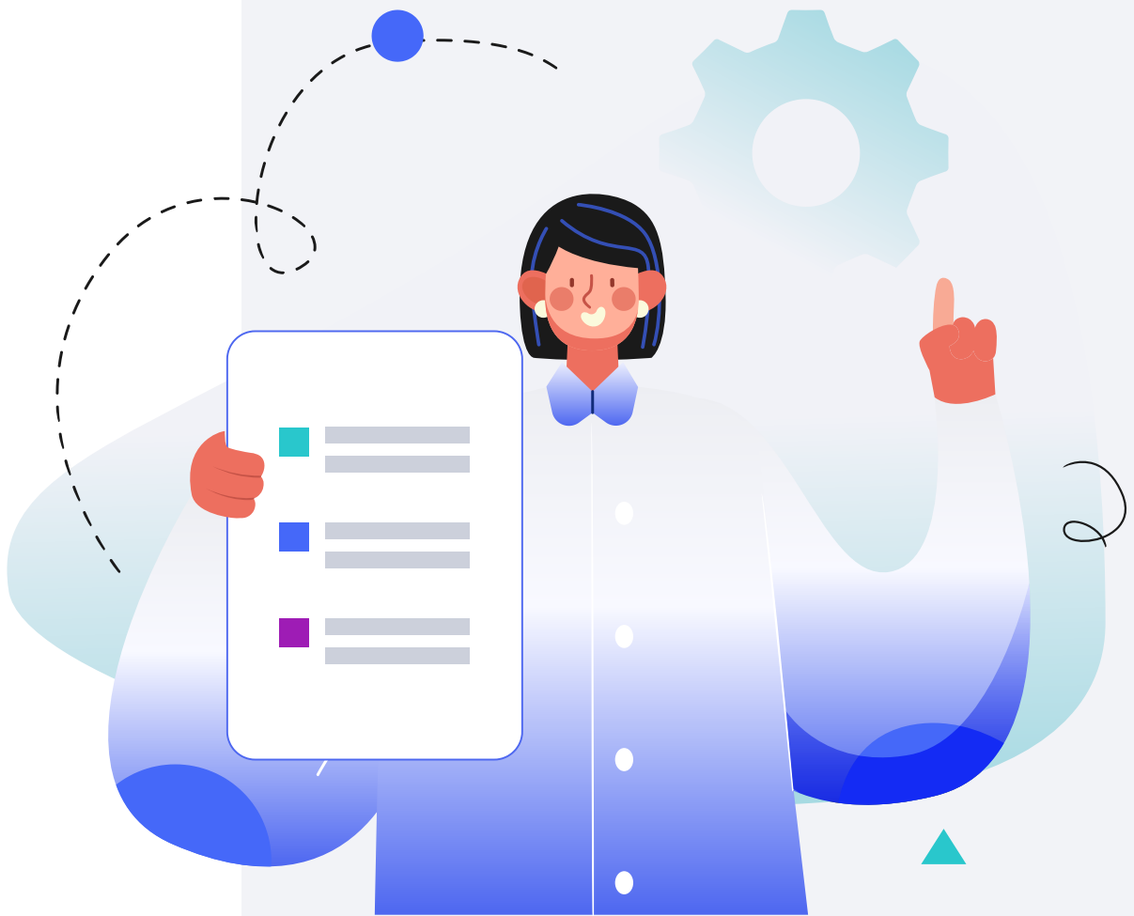
**Male**

HEIGHT

**5ft 5"** 165cm

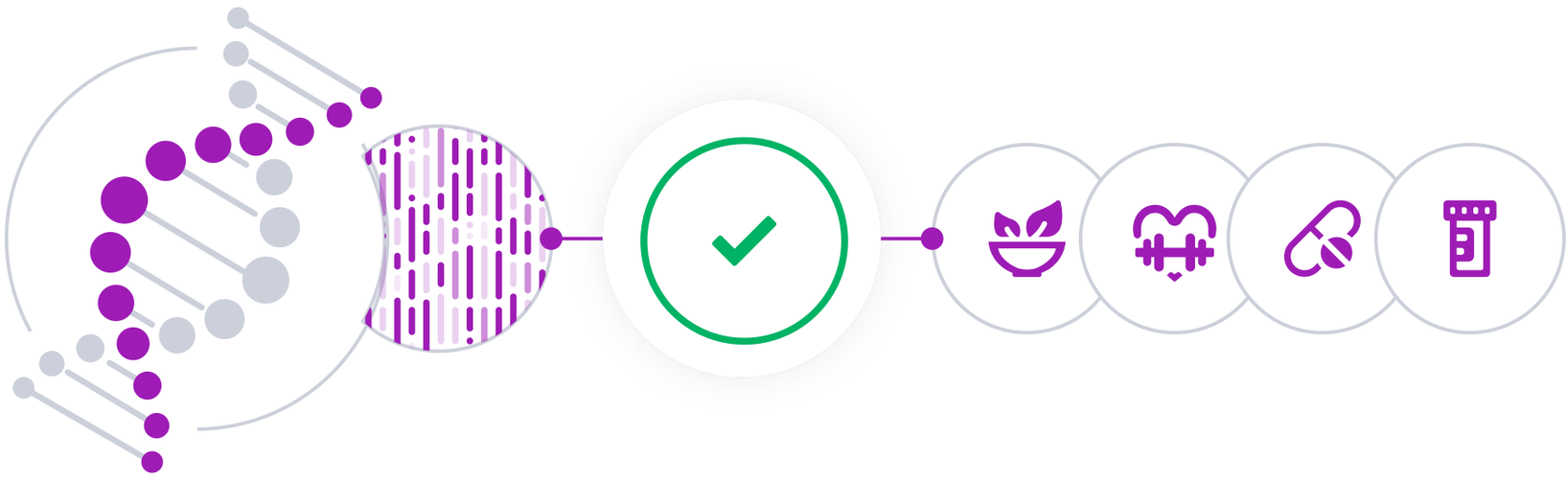
WEIGHT

**137lb** 62kg



# How this works

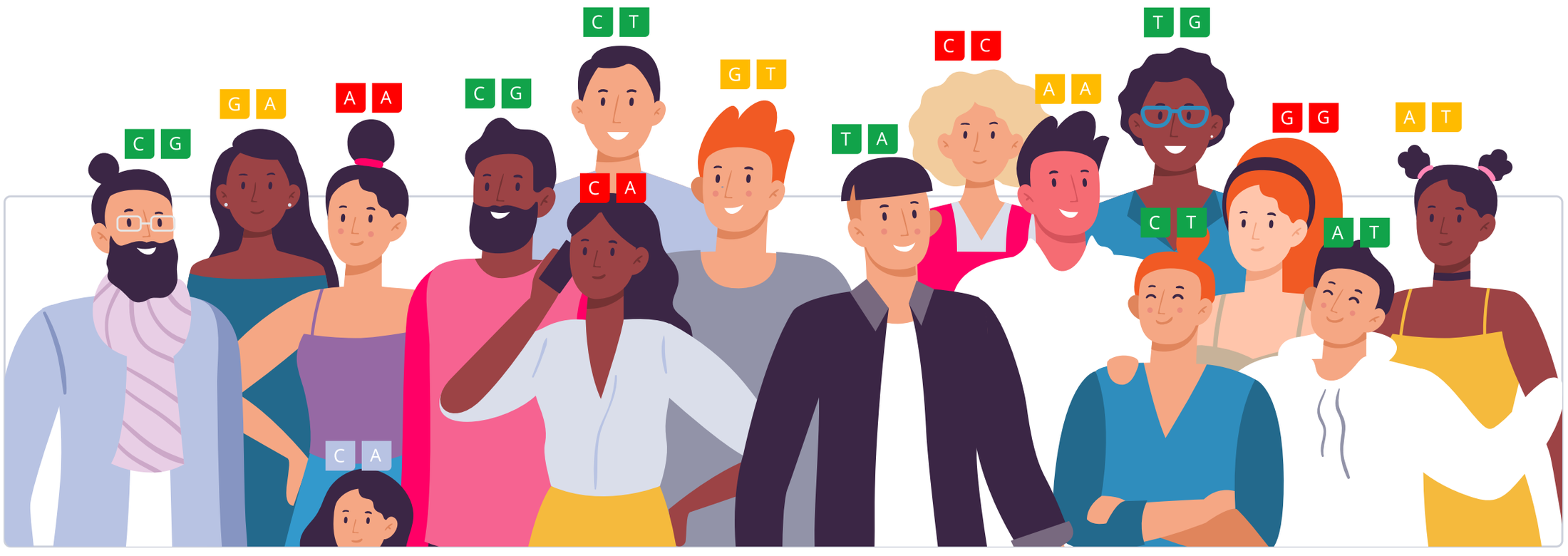
**Our Wellness Reports analyze how your DNA influences your health.**
**We then use this analysis to give you personalized risk estimates and recommendations.**



**Similarly, our Trait Reports look at how your DNA influences your traits.**

Your DNA is like an instruction manual — it contains a lot of information.
You can think of it as a blueprint for your body.

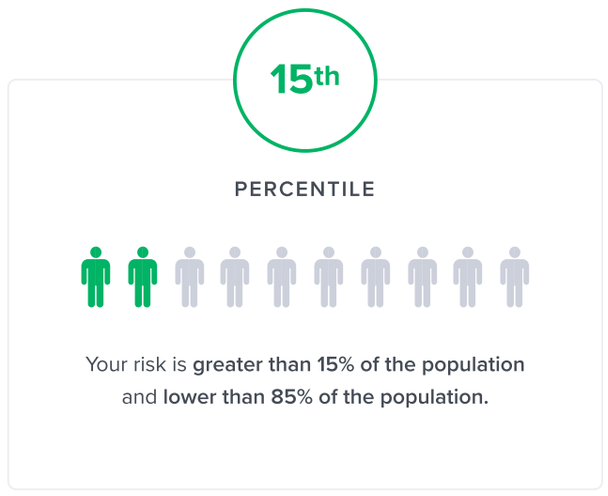
Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



We use artificial intelligence and machine learning to analyze all this information. We then summarize your results as a risk score or display it on a gauge.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:

**In total, we analyze up to 83 million genetic variants.**



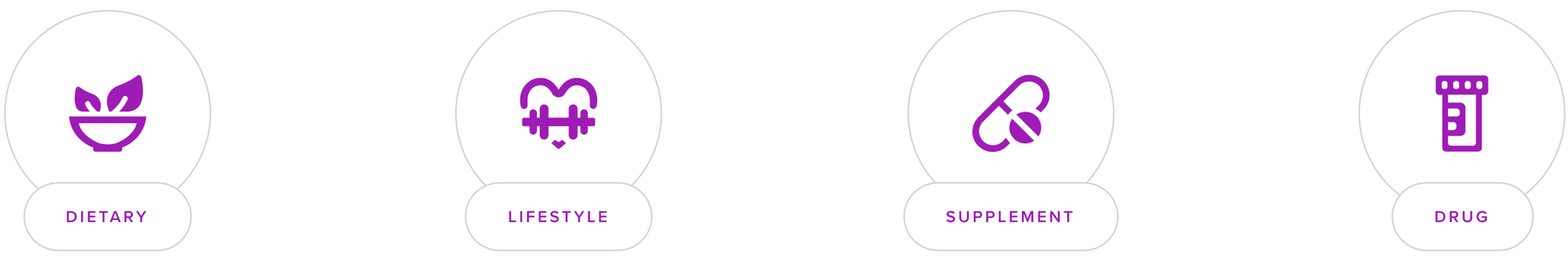

**Genotype color info:** AA You don't have any risk alleles | AA You have 1 risk allele | AA You have 2 risk alleles

Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

**When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.**

Our recommendations come in four categories: lifestyle, diet, supplements and drugs.
The following icons tell you which category a recommendation falls into:




**Our team of scientists also ranks each recommendation.**
**We rank based on impact and the strength of evidence in the medical literature.**

Impact shows how strongly a recommendation will affect your health in a certain area.
Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):

# Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

## Recommendation Evidence

**5 / 5**

Recommendations that are considered effective and generally recommended by experts and medical bodies.

**4 / 5**

Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.

**3 / 5**

Recommendations that are considered possibly effective and have many studies supporting them

**2 / 5**

Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.

**1 / 5**

Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.

**0 / 5**

No evidence in humans.

## Genotype-specific Evidence

**High-quality**

Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, afew large clinical trials, or a meta-analysis).

**Medium-quality**

Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).

**Low-quality**

Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).

**Indirect**

A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).

**In theory**

A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

# Some things to keep in mind:

- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

# Introduction

An anal fissure is a small tear in the thin, moist tissue (mucosa) lining the lower rectum. This condition is often associated with severe pain during bowel movements and can sometimes lead to bright red bleeding or spotting on toilet paper or in the stool.

Patients might experience a sharp pain that begins during defecation and can last for a long time after the bowel movement. Anal fissures are commonly a result of passing hard or large stools during a bowel movement, but can also arise from other irritations in the anal area.

# Symptoms and Treatment

Beyond pain and bleeding, an anal fissure may cause a visible crack in the skin around the anus. It may cause a small lump or skin tag on the skin near the anal fissure, often referred to as a sentinel pile.

Chronic anal fissures may need medical treatment, which can include topical creams to relax the muscle around the anus or surgery to prevent muscle spasms that prevent healing. Additionally, maintaining a healthy diet with ample fiber can soften stool and reduce straining, which is a preventative measure to minimize the risk of developing anal fissures.

TYPICAL LIKELIHOOD

**Typical likelihood of anal fissures based on 19,798 genetic variants we looked at**

78th

PERCENTILE

Your risk is **greater than 78% of the population** and **lower than 22% of the population.**

# Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You'll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

| | | DOSAGE |
|---|---|---|
| 1 | Gotu Kola | |
| 2 | Oats | |
| 3 | Prunes | |
| 4 | Exercise At Least One Hour a Day | 1 hour |
| 5 | Pears | |
| 6 | Whole Grains | |
| 7 | Sea Buckthorn Oil | 1000 mg |
| 8 | Magnesium | 350 mg |
| 9 | Topical Aloe Vera | |
| 10 | Watermelon | |
| 11 | Topical Honey | |
| 12 | Apply Heat | 15 minutes |
| 13 | Topical Coconut Oil | |
| 14 | Omega-3 (Fish Oil) | 2000 mg |
| 15 | Aloe Vera | 50 mg |
| 16 | Vegetables | |
| 17 | Oat Bran | |
| 18 | Eat Fiber-Rich Foods | |
| 19 | Avoid Spicy Food | |
| 20 | Probiotics | 30 billion CFU |
| 21 | Probiotic Yogurt | |
| 22 | Drink at Least 8 Glasses of Water a Day | |
| 23 | Sitz Baths | 15 minutes |
| 24 | Psyllium | 5 g |

1

## Gotu Kola

IMPACT 1 / 5

EVIDENCE 1 / 5

### How to implement

Take a Gotu Kola supplement, available in capsule or powder form, daily. Dosages typically range from 500mg to 2000mg daily, divided into two or three doses. It's recommended to start with the lower dose to assess tolerance and then increase if necessary. Continue for 4 to 6 weeks to evaluate the benefits.

### Description

Gotu kola is an herb used in traditional medicine for its potential to improve cognitive function, reduce inflammation, and support skin health.

Gotu kola or Pennywort (*Centella asiatica*) is an herb used in Tai-Chi tradition and Ayurvedic and Chinese Traditional Medicine.

Gotu kola is used as an antioxidant and anti-inflammatory. Traditional uses include:

- Wound healing [R].
- Improving leg circulation [R]

### How it helps

A study on 98 outpatients with chronic Anal Fissure compared the effectiveness of Flavonoids (Fs), Centella asiatica (Ca), and traditional treatments. Fs significantly reduced bleeding and pain faster than Ca and traditional treatments. All groups healed by the eighth week, with no side effects from Fs or Ca [R].

2

## Oats

IMPACT 0 / 5

EVIDENCE 0 / 5

### How to implement

Incorporate oats into your diet daily by having them for breakfast as oatmeal, or adding them to smoothies, baking recipes, or overnight oats. Aim for at least a half-cup (40 grams) of dry oats to reap the health benefits.

### Description

Oats are a whole grain known for their high fiber content and nutritional value, like zinc, iron, and manganese. Including oats in one's diet can promote heart health, stabilize blood sugar levels, and provide sustained energy.

**Oats** are a good source for manganese, zinc, iron, magnesium, and vitamins B1 and B5. A ½ cup serving provides 0.7 mg of manganese or 30%DV.

### How it helps

Like oat bran, oats are rich in soluble fiber. Eating oats regularly can help manage constipation, reducing the risk of developing anal fissures by making stools softer and easier to pass without straining.

3

## Prunes

IMPACT 0 / 5

EVIDENCE 0 / 5

## How to implement

Eat 5-6 prunes daily, either as a snack or incorporated into meals, to help improve digestion and potentially bone health. Continue this habit consistently for at least a few weeks to observe benefits.

## Description

Prunes are dried plums that are rich in dietary fiber, vitamins, and minerals, particularly potassium and vitamin K, as well as antioxidants. They are often consumed to support digestive health and may help regulate bowel movements.

**Prunes** are a good source of omega-6 fatty acids, vitamin A and B6, potassium, iron, magnesium, and copper. A ½ cup serving provides 635 mcg or 14%DV.

## How it helps

Prunes and prune juice are natural laxatives due to their high content of dietary fiber and sorbitol. They can help maintain regular bowel movements and soft stools, which alleviates the strain during defecation, assisting in the prevention and healing of anal fissures.

4

## Exercise At Least One Hour a Day

IMPACT 0 / 5

EVIDENCE 0 / 5

## How to implement

Dedicate a minimum of 60 minutes to moderate-intensity activities such as brisk walking, swimming, or cycling. Do this most days of the week, aiming for at least 5 days to optimize benefits.

TYPICAL STARTING DOSE

**1 hour**

## Description

**Exercise can do wonders for your health.** It can help you lose weight, improve your heart health, boost your mood, and more [R].

There are many ways you can be active. You can walk, run, swim, dance, or play team sports. **Everything counts, and it's never too late to start!**

Try to get at least **60 minutes of moderate physical activity on most days**, including walking. **Getting a mix of cardio (min 150 min/day) and strength training (min 2 times a week) may be optimal**.

## How it helps

Regular exercise can improve blood flow and help prevent constipation, reducing the risk of aggravating an anal fissure.

5

## Pears

IMPACT 0 / 5

EVIDENCE 0 / 5

## How to implement

Incorporate one medium-sized pear into your daily diet, either as a snack or part of a meal. You can eat it raw, add it to salads, or use it in recipes. Continue this practice daily for ongoing health benefits.

## Description

Pears are a fruit that originates from the Pyrus tree, and have been eaten for centuries in various parts of the world. they are a good source of dietary fiber, vitamin C and K, and various antioxidants, which may be beneficial for gut health, help fight inflammation, and aid in weight loss.

## How it helps

Pears are another fruit high in fiber, which can increase stool bulk and decrease the effort required during bowel movements. This can help prevent the straining that leads to anal fissures and aids in the healing process.

6

# Whole Grains

IMPACT 0 / 5

EVIDENCE 0 / 5

## How to implement

Incorporate at least three servings of whole grains into your daily diet. This can include consuming foods such as whole grain bread, brown rice, whole grain pasta, and oats. Aim to replace refined grains with whole grains at each meal for optimal benefits.

## Description

Whole grains encompass a variety of grains like wheat, oats, and quinoa, where the entire grain kernel is intact. They are rich in fiber, vitamins, minerals, and antioxidants, supporting heart health and reducing the risk of chronic diseases.

Unlike refined grains, whole grains contain nutritious parts of the grain like bran and germ.

Whole grains provide many crucial nutrients, including:

- Fiber
- B-vitamins
- Iron
- Magnesium
- Phosphorus

Due to their high fiber content, whole grains don’t tend to spike blood sugar like refined grains do.

## How it helps

Whole grains are a great source of dietary fiber, which is beneficial in promoting regular bowel movements and soft stools. This can decrease straining during defecation, thus assisting in the prevention and healing process of anal fissures.

7

# Sea Buckthorn Oil

IMPACT 0 / 5

EVIDENCE 0 / 5

## How to implement

Take 500 mg of sea buckthorn oil capsules twice daily with meals for up to 8 weeks. Ensure to check the label for pure sea buckthorn oil without added ingredients.

TYPICAL STARTING DOSE

**1000 mg**

## Description

Sea buckthorn oil is derived from the sea buckthorn plant, a thorny shrub native to Europe and Asia. It is rich in vitamins, caretenoids, antioxidants, and fatty acids, and has been used in traditional medicines for centuries for heart and skin health.

Sea buckthorn (*Hippophae rhamnoides*) is a berry-filled bush from Europe and Central Asia. It is rich in vitamins, antioxidants, and fatty acids [R, R, R].

People have long used sea buckthorn in traditional medicine to prevent aging, promote heart health, and clear the skin.

## How it helps

Sea Buckthorn Oil is known for its anti-inflammatory and healing properties, which can help to soothe and repair the skin and tissues around an anal fissure.

8

# Magnesium

IMPACT 0 / 5

EVIDENCE 0 / 5

## How to implement

Take up to 350 mg of magnesium daily as a supplement, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

**350 mg**

## Description

Magnesium is an essential mineral involved in various bodily functions, including muscle contractions, nerve signaling, and bone health. Maintaining adequate magnesium levels through diet or supplements can support overall well-being and reduce the risk of magnesium deficiency-related health issues.

**Magnesium is an essential mineral.** Your body needs it for [R, R, R]:

- Muscle, nerve, and bone function
- Blood sugar and blood pressure control
- DNA and protein production
- Strong immunity

Women need **310-320 mg** of magnesium per day, while men need **400-420 mg** [R].

Foods rich in magnesium include **nuts, seeds, and leafy greens**. Magnesium is also available as a supplement [R].

## How it helps

Magnesium supplements can help in treating anal fissures by softening the stool and improving bowel movement regularity. This reduces straining during defecation, a key factor in the development and exacerbation of anal fissures.

9

## Topical Aloe Vera

IMPACT 0 / 5

EVIDENCE 0 / 5

### How to implement

Apply a thin layer of pure aloe vera gel extracted directly from the aloe plant or an aloe vera-based product directly to the affected area. Gently rub it in until it is absorbed. Repeat this application 2-3 times daily until the symptoms improve.

### Description

Aloe vera is a plant-derived gel known for its skin-soothing and healing properties. Topical applications of aloe vera are commonly used to relieve sunburn, minor burns, and skin irritation, promoting faster healing and reducing discomfort.

*Aloe vera* lives in the desert, and its thick leaves store water in the form of a gel [R].

**Topical aloe vera** may help soothe burns and skin conditions [R].

**Oral aloe vera** may help with blood sugar and gut health [R].

### How it helps

Aloe Vera has natural anti-inflammatory properties that can help soothe and heal the skin around an anal fissure. Its moisturizing effect also prevents further irritation and supports the healing of tears.

10

## Watermelon

IMPACT 0 / 5

EVIDENCE 0 / 5

### How to implement

Incorporate fresh watermelon into your diet, aiming to consume about 1-2 cups of cubed watermelon daily, either as a snack or part of your meals. It is best consumed fresh to maximize its hydrating effects and nutritional benefits.

### Description

Watermelon is a refreshing fruit known for its high water content and being a good source of vitamins A and C. It is used to help stay hydrated and may support skin health due to its antioxidant properties.

### How it helps

Watermelon has a high water content, which can help hydrate the body and stool. Adequate hydration is crucial for softening stools and can reduce the need for straining during bowel movements, helping to prevent or heal anal fissures.

11

# Topical Honey

IMPACT 0 / 5

EVIDENCE 0 / 5

## How to implement

Apply a thin layer of raw, unpasteurized honey directly to the affected area of the skin. Cover it with a sterile bandage and leave it on for at least 1 hour, or overnight for best results. Repeat daily until improvement is seen.

## Description

Honey is a natural topical application known for its moisturizing, antibacterial, and wound-healing properties. It is used to soothe dry skin, promote skin repair, and address minor burns and cuts.

Honey is a thick, sweet substance. It's made by honeybees from the nectar of flowering plants. There are many different types of honey. For example, kanuka honey is made from the flowers of the New Zealand kanuka tree [R, R].

Besides sugar, honey also contains amino acids (protein building blocks), vitamins, and minerals [R].

People use honey for its anti-inflammatory and antioxidant properties. It may help with [R, R, R, R]:

- Heart problems
- Gut problems
- Cough
- Skin problems

## How it helps

Honey has natural wound-healing properties and is an effective antibacterial agent. Applying it topically can help reduce inflammation and promote the healing of anal fissures.

12

# Apply Heat

IMPACT 0 / 5

EVIDENCE 0 / 5

## How to implement

Place a warm, not hot, heating pad or a warm wet towel on the affected area for 15-20 minutes at a time. Do this several times a day, ensuring there's at least a 1-hour interval between sessions to avoid skin damage.

TYPICAL STARTING DOSE

**15 minutes**

## Description

Applying heat, such as through heating pads or warm baths, can help relieve muscle tension and soothe pain. It is a common method for managing muscle aches, menstrual cramps, and minor injuries.

**People use hot applications to relieve pain, improve blood flow, and more** [R, R].

Types of hot applications include [R, R]:

- Heating pads
- Hot baths
- Saunas
- Hot water bottles

## How it helps

Applying heat to the anal area can help relax the anal sphincter, which can reduce muscle spasms, increase blood flow to the area, and promote healing of the fissure.

13

# Topical Coconut Oil

IMPACT 0 / 5

EVIDENCE 0 / 5

## How to implement

Apply a small amount of coconut oil directly to the skin area you wish to treat, gently massaging it in until absorbed. Do this process 1-2 times daily, preferably after showering to help retain moisture. The duration of use depends on the condition being treated but generally ranges from a few days to ongoing as needed for skin hydration and protection.

## Description

Coconut oil is a natural plant-derived topical application obtained from coconuts. It is used for its moisturizing and antimicrobial properties, making it suitable for skincare, haircare, and as a general moisturizer.

## How it helps

Coconut oil is known for its moisturizing properties, which can relieve discomfort from anal fissures. It also has antimicrobial effects that can prevent infection in the area of the fissure.

14

# Omega-3 (Fish Oil)

IMPACT 0 / 5

EVIDENCE 0 / 5

## How to implement

Take 1-2 g of omega-3 (fish oil) supplement daily, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

**2000 mg**

## Description

Omega-3 fatty acids are essential fats found in fatty fish like salmon, flaxseeds, and walnuts. They are known for their potential cardiovascular and brain health benefits, including reducing the risk of heart disease and supporting cognitive function.

**Omega-3 fatty acids are some of the healthiest fats we can eat. They help lower inflammation and protect the heart, brain, and eyes.** Our bodies produce less omega-3s than we need for optimal health, so it's important to get enough through food or supplements [R, R, R].

There are three major types of omega-3s: ALA, EPA, and DHA [R, R].

**Fatty fish are rich in EPA and DHA.** They include [R]:

- Salmon
- Tuna
- Herring
- Sardines

For optimal protection, try to get at least **two servings of fatty fish per week.** Fish oil supplements are available for those who don't eat fish regularly [R].

## How it helps

Omega-3 fatty acids have anti-inflammatory properties that can reduce inflammation and pain in anal fissures.

15

## Aloe Vera

IMPACT 0 / 5

EVIDENCE 0 / 5

## How to implement

Take a 50 mg Aloe vera supplement daily, with a glass of water, preferably at the same time each day to maintain consistency.

TYPICAL STARTING DOSE

**50 mg**

## Description

Aloe vera is a succulent plant native to arid regions and contains a gel-like substance in its leaves that is rich in vitamins, minerals, and antioxidants, making it beneficial for soothing skin irritations, promoting wound healing, and providing relief from conditions such as sunburn and minor burns. The primary active compounds in aloe vera gel include polysaccharides, vitamins like vitamin C and E, and minerals such as zinc, which contribute to its healing and anti-inflammatory effects.

*Aloe vera* lives in the desert, and its thick leaves store water in the form of a gel [R].

People use aloe gel to help soften the skin and soothe burns [R].

**Oral aloe supplements may help with blood sugar and gut health** [R].

## How it helps

Aloe Vera has natural anti-inflammatory properties that help soothe and heal the skin. Its application can aid in the relief of pain and discomfort associated with anal fissures by promoting wound healing and moisturizing the affected area.

16

## Vegetables

IMPACT 0 / 5

EVIDENCE 0 / 5

## How to implement

Incorporate at least 2-3 cups of various vegetables into your daily diet, ensuring a mix of colors like greens, reds, and yellows to maximize nutrient intake. Aim to include vegetables in most meals, either as a side, part of the main dish, or snacks.

## Description

Vegetables are edible parts of plants that offer various health benefits due to their rich nutrient content, including vitamins, minerals, fiber, and antioxidants. They are essential components of a balanced diet and contribute to overall health, supporting various bodily functions.

## How it helps

Vegetables are rich in fiber and water, both of which are important for softening stools and ensuring smoother bowel movements. Regular consumption can help reduce straining, a key factor in both preventing and aiding the healing of anal fissures.

17

# Oat Bran

IMPACT 0 / 5

EVIDENCE 0 / 5

## How to implement

Incorporate oat bran into your diet by adding 1-2 tablespoons to your breakfast cereal or yogurt daily. You can also use it as an ingredient in homemade bread, muffins, or pancakes. Aim to include oat bran in at least one meal per day for ongoing dietary benefits.

## Description

Oat bran is the outer layer of oat grains and is rich in soluble fiber, making it a heart-healthy addition to diets. Consuming oat bran may help lower cholesterol levels and support digestive regularity.

## How it helps

Oat bran is high in dietary fiber, which can help soften stool and make it easier to pass. This reduces straining during bowel movements, an important factor in allowing anal fissures to heal and preventing new ones from forming.

18

# Eat Fiber-Rich Foods

IMPACT 0 / 5

EVIDENCE 0 / 5

## How to implement

Incorporate foods high in fiber, such as fruits, vegetables, whole grains, and legumes, into your daily meals. Aim for a total dietary fiber intake of 25 to 30 grams per day, spread out over all meals.

## Description

Fiber is a type of carb that your body can’t digest which supports digestion, heart health, and blood sugar control. You can get fiber by eating things like whole grains, fruits, nuts, seeds, and leafy greens.

**Fiber is a type of carb that your body can’t digest. It supports digestion, heart health, blood sugar control, and more** [R, R].

**Adults should get 28 g of fiber every day.** Most people in the US don’t get enough fiber [R, R].

**You can get more fiber by eating** [R, R]:

- Whole grains
- Fruits
- Leafy greens
- Nuts and seeds
- Beans
- Broccoli

Fiber supplements, such as psyllium husk, are available for people who don’t get enough fiber from their diets [R, R].

## How it helps

Fiber-rich foods help soften the stool and make it easier to pass, reducing straining during bowel movements. This can prevent further injury to the anal fissure and promote healing.

19

# Avoid Spicy Food

IMPACT 0 / 5

EVIDENCE 0 / 5

## How to implement

Eliminate or significantly reduce consumption of foods high in spices, such as hot peppers, curry, and salsa, from your daily diet.

## Description

For individuals sensitive to spicy foods, avoiding excessively hot or spicy dishes can prevent digestive discomfort and heartburn, promoting better gastrointestinal comfort and overall well-being.

## How it helps

Spicy foods can cause irritation to the digestive system and worsen the symptoms of anal fissures by increasing anal canal pressure and inflammation. Avoiding spicy foods can help reduce irritation and discomfort associated with anal fissures.

20

# Probiotics

IMPACT 0 / 5

EVIDENCE 0 / 5

## How to implement

Take a probiotic supplement containing 10 billion or more live cultures once daily, preferably with a meal or as directed by the packaging or a healthcare provider.

TYPICAL STARTING DOSE

**30 billion CFU**

## Description

Probiotics are live beneficial bacteria and yeasts that can support gut health and digestive function when consumed as supplements or found in fermented foods like yogurt and sauerkraut. They may be beneficial to gut health, immune function, blood sugar, and mood.

**Probiotic bacteria are "good" bacteria found mainly in the large intestine.** They support your body and mind by [R, R, R, R, R, R, R, R]:

- Maintaining gut health
- Supporting a healthy immune system
- Improving your mood
- Helping to maintain healthy blood sugar

**Prebiotics** are certain types of fiber and other complex carbs that serve as food for gut bacteria. **They support gut health by helping boost the activity and growth of "good" bacteria** [R, R].

Prebiotics are also added to foods and supplements. Common prebiotic ingredients are [R, R]:

- Oligo-fructose
- Oligo-galactose
- Inulin

Mixtures of probiotics and prebiotics are known as **synbiotics** [R].

## How it helps

Probiotics such as Lactobacillus species can help maintain intestinal health and support regular bowel movements, potentially reducing straining during defecation which can help in the healing of anal fissures.

21

# Probiotic Yogurt

IMPACT 0 / 5

EVIDENCE 0 / 5

## How to implement

Consume one to two servings of probiotic yogurt each day. Each serving is typically 6 to 8 ounces. Continue this practice daily for at least 1 to 2 weeks to begin noticing benefits to digestive health.

## Description

Probiotic yogurt is a dairy product containing live probiotic cultures like Lactobacillus and Bifidobacterium, which can aid digestion and improve gut health when consumed regularly. It is a good source of calcium, protein, and probiotics, contributing to bone health and digestive well-being.

## How it helps

Probiotic yogurt can help maintain a healthy gut flora, which plays a role in digestive health and regularity. Although directly related studies might be limited, its overall benefit for bowel regularity can assist in preventing straining associated with anal fissures.

22

# Drink at Least 8 Glasses of Water a Day

IMPACT 0 / 5

EVIDENCE 0 / 5

## How to implement

Consume a total of at least 64 ounces (or approximately 1.9 liters) of water over the course of the day. This can be divided into 8 glasses, each containing 8 ounces of water. Aim to drink evenly throughout the day to avoid dehydration.

## Description

Water is an essential nutrient for nearly every process in your body, helping to mainting brain and gut function, maintain a health weight, as well as energy and performance levels, among others.

**Water is essential for life. It supports nearly every process in your body** [R].

Water helps maintain [R]:

- Energy and performance levels
- Brain function
- Gut function
- Healthy weight

Most experts recommend drinking **around 8 glasses (64 oz. or 2 L) of water daily**. You might need more or less than this, depending on how active you are, where you live, or what your overall health is like [R].

## How it helps

Staying hydrated by drinking at least 8 glasses of water a day can help prevent constipation, which is vital for people with anal fissures. Proper hydration helps soften stool, making bowel movements less painful and reducing the risk of fissure complications.

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# Sitz Baths

IMPACT 0 / 5

EVIDENCE 0 / 5

## How to implement

Fill a bathtub or a sitz bath basin with warm water, enough to cover your hips and buttocks, and sit in it for 15 to 20 minutes. Do this 2-3 times a day, especially after bowel movements, to help relieve pain and discomfort from conditions such as hemorrhoids or anal fissures.

TYPICAL STARTING DOSE

**15 minutes**

## Description

Sitz baths involve sitting in warm water to alleviate discomfort from conditions such as hemorrhoids or postpartum recovery. They can help reduce inflammation and promote healing of the affected area.

A sitz bath is a “sitting” bath in which your pelvic area is covered by warm water. It can be done in a regular bathtub or with the use of a special bowl that fits on a toilet [R].

Sitz baths may help ease pain in the pelvic area. For example, people may take a sitz bath to [R, R]:

- Help with hemorrhoids
- Clean and soothe the area after a procedure or childbirth
- Ease prostate pain

## How it helps

Taking sitz baths involves sitting in a warm bath for 10-20 minutes. This can increase blood flow to the anal area, help relax the anal muscles, and ease pain and irritation associated with anal fissures.

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# Psyllium

IMPACT 0 / 5

EVIDENCE 0 / 5

## How to implement

Take 5 grams of psyllium husk powder with at least 8 ounces of water. Do this once daily, preferably in the morning before breakfast. Continue this regimen daily for ongoing digestive health benefits.

TYPICAL STARTING DOSE

5 g

## Description

Psyllium is a plant-based dietary fiber derived from the seeds of the Plantago ovata plant. It is primarily used both traditionally and today, as a dietary supplement due to its high soluble fiber content, aiding in digestive health and regulating bowel movements. The main compounds in psyllium are soluble fiber and mucilage.

Psyllium husk might be beneficial for gut health and heart health. But what exactly is this supplement and how does it work?

Psyllium is an herb that grows around the world. Its “husk,” the outer coating of the psyllium seed, is full of fiber. The health benefits of psyllium husk are due to this fiber.

## How it helps

Psyllium is a type of fiber that helps by making stools softer and easier to pass, which can reduce the strain during bowel movements. This is crucial in managing anal fissures as it helps in healing by preventing further tearing of the anal tissue.