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# Anal Fissure

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# Anal Fissure

Symptoms, Diagnosis and Therapies

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## Foreword

The book “Anal Fissure” by Wienert, Raulf and Mlitz offers a complete representation of the clinical aspects of anal fissure. For centuries the disease has been the subject of different proctological treatment strategies. However, it is not adequately reflected in current scientific literature. The relevant literature from 1855 to the present is included in the authors’ research and shows both the theoretical foundations and value in comparison of all treatment options. The special value of this work is the result of the authors’ opinions on the different therapeutic strategies at the end of each chapter, giving personal conclusions. These evaluations take place in the context of the authors’ decades of experience in the treatment of the disease. They are practical and provide clear recommendations. This book is recommended to all therapists of various disciplines, particularly those who are confronted with the diagnosis and treatment of this disease which is often considered to be commonplace.

Prof. Dr. med. E. Eypasch  
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This book *Anal Fissure* contains a vast and extensive knowledge on this important proctologic topic. Based on literature research dating back to 1855 and approximately 750 relevant publications, three experts on proctology convey evidence-based professional know-how and experience in this publication. Detailed discussions on primary and secondary anal fissures and corresponding therapies – depending on their etiologies – are presented. Furthermore, the authors have developed and laid down an innovative definition on chronic anal fissure. Hereby, in future the results of the different kinds of therapy of controlled randomized studies can be compared more effectively and lead to a better understanding and transparency.

This book is an absolute necessity for all physicians dealing with anal fissures.

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## Preface

In the medical field, disorders caused by anal fissures are of comparatively little interest to scientists. Commonly, this condition is not regarded as serious, although it causes extreme pain, and inadequate treatment can have severe consequences for the patient. Because of its assumed harmlessness, it has not attracted researchers worldwide until now, and if it does, their research work is rudimentary at best. As a result, the therapies applied by practitioners were only empirical. In 1818, Alexis Boyer commented on anal fissures, “That is the result of my observations made on an illness which goes unrecognized until now. The cures applied were very often useless, sometimes harmful, but always insufficient.” Little has changed since then. Exploring this particular topic, only 30 doctoral theses have been completed in Germany from 1832 until now.

This handbook summarizes the current body of knowledge in the field of anal fissure disease. It is based on decades of personal experience and the analysis and evaluation of international medical literature. A complete list of the publications used is given in the appendix.

The object of this book is to offer proctologists, surgeons, gastroenterologists, general practitioners, dermatologists, urologists, and gynecologists a comprehensive summary of all the relevant medical research findings. Emphasis was laid on the description of the different methods of conservative and operative therapies. Each method is dealt with in depth and is evaluated whenever possible. The conclusion at the end of the individual chapters represents the opinion of the authors. Our thanks go to Thomas A. Marquardt and Inge Marquardt-Drees for their translation work.

Aachen, Münster, Saarbrücken, Germany

V. Wienert, F. Raulf, H. Mlitz

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