Hunterdon Medical Center: Only Hospital in New Jersey to Offer Non-Surgical Hemorrhoid Procedure

The HET System is a non-surgical technology that allows physicians at Advanced Gastroenterology and Nutrition to treat internal hemorrhoids in a single procedure. It is a quick and simple procedure, associated with rapid recovery, no or minimal discomfort and excellent results.

Hemorrhoids are a collection of blood vessels in the lower rectum which can be caused by straining, constipation, aging and genetic predisposition. The most common symptoms of hemorrhoid disease are rectal bleeding or prolapse during bowel movement and itching or discomfort. While symptoms alone can have a significant effect on a person’s quality of life, advanced hemorrhoid disease may lead to serious complications.

At 73, Carolyn Hall of Hampton, has osteoarthritis and suffered for years with hemorrhoids. She tried many over the counter medications that would only provide temporary relief. She sought help from her Gastroenterologist, Stephen Willis, M.D., Advanced Gastroenterology and Nutrition. Dr. Willis recommended the HET System. “I had the procedure on February 12th at 9:00 a.m. and was discharged at 10:30 a.m. I felt immediate relief and no pain. I was able to go on with my normal activities and even went to Bible Study that evening,” explained Ms. Hall. Ms. Hall added, “I would recommend this procedure to anyone that is experiencing discomfort from hemorrhoids.”
Seventy five percent of all people have symptomatic hemorrhoids at some point in their lives and 50% of people over the age of 50 suffer from chronic, progressively worsening, hemorrhoidal problems.

The HET system is a small, sterile, disposable cannula that applies a combination of gentle tissue compression and mild heat to significantly shrink internal hemorrhoids. “This new treatment is having a dramatic impact on patients who suffer from hemorrhoids. Following treatment, we see a remarkable improvement in the patient’s symptoms and an impressive reduction in the size of the treated hemorrhoids,” explained Dr. Willis.

Historically, hemorrhoid sufferers have been treated with a rubber banding procedure which can cause pain and discomfort after the treatment. “The problem is that many patients cannot tolerate the pain of constant pressure on the hemorrhoid and the discomfort. Since most patients have multiple enlarged symptomatic hemorrhoids, the procedure needs to be repeated several times over a few months. Hemorrhoid surgery in the past was typically miserable or horrible. The HET system allows us to treat most patients with a five minute procedure that has no or minimal post-treatment discomfort and is a one and done intervention,” stated Jeffrey Hartford, M.D., Gastroenterologist, Advanced Gastroenterology and Nutrition.

Advanced Gastroenterology and Nutrition, an operated specialty practice of Hunterdon Healthcare, is the only physician office in Hunterdon County to provide this procedure to patients. After one procedure, internal hemorrhoid symptoms are usually resolved and patients can resume their normal active lifestyle.
Advanced Gastroenterology and Nutrition has offices located in the Hunterdon Doctor’s Office Building, 1100 Wescott Drive, Suite 304 in Flemington and 75 Frontage Rd in Asbury. For more information or to schedule an appointment, call 908-788-4022.