

## Perianal Selfie Or Butt Selfie A Diagnostic Add for Rectal Prolapse

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### Original Research Article

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**Abstract:** Medical images are important tool for recording pathology of patient, sign and symptom, because of wide availability of digital camera and smart phone lots of images of pathology are being clicked by surgeons. When patient himself clicks images of pathology site it can be called medical selfie. We called the self-clicked images of anal area or butt area as Butt selfie or anal selfie. We utilised the butt selfie for clinical add for differential diagnosis of rectal prolapse and haemorrhoids.

**Keywords:** Anal selfie, Butt selfie, Rectal prolapse, Haemorrhoids.

### INTRODUCTION

Rectal prolapse is a condition in which patient presents to clinic with history of something coming out perianaly, it may be a partial or complete in nature. In most of cases diagnosis is quite obvious by history and examining the patient, on examination anal tone is lax and prolapse can be seen on straining after sitting on a commode. This condition hardly require any other diagnostic tool .other diagnostic tool like colonoscopy is only required to rule out other associated clinical conditions like malignancy which may be some time present.

Patient with history of haemorrhoids grade two also present with history of something comes out while going for defecation, on examination anal tone is normal and no significant pathology is found on examination.

So as to differentiate two condition like haemorrhoids and prolapse rectum in which prolapse is not obvious on clinical examination and prolapse is not coming out perianaly even after sitting on commode, we advised our patient with suspected history of prolapsed rectum and haemorrhoids to click selfie of prolapse rectum or haemorrhoids at their home while going for defecation and to bring these images on next visit to clinic or send to concern clinician by digital transmission using internet technology.

These selfie helped us in making confirmation of our clinical diagnosis of prolapsed rectum, because treatment of prolapsed rectum is only surgical and a grade two haemorrhoids can be managed by medical management.

Mitchell Gutenplan in his editorial also shared his clinical experience of using Butt selfie for diagnosis of prolapsed rectum [1].

This is first report from India using *Butt selfie* for clinical diagnosis of rectal prolapse. In this article we are reporting importance of selfie as clinical diagnostic add, because of digital revolution in country smart phone use is becoming very popular ,even in rural

area lots of public is using digital phone and our prime minister is also stressing regularly for digital revolution [2].

When we asked our patient about any difficulty or problem while clicking Butt selfie, it was physibile with both type of commode like Indian and western style and person who were going for open defecation they were more comfortable to click the Butt selfie.

By this article we want to stress upon benefit of simple technology for diagnosis of human pathology which is cheap and available universally.



Fig-1: Butt Selfie for rectal prolapsed



**Fig-2: Butt Selfie for Haemorrhoids**

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