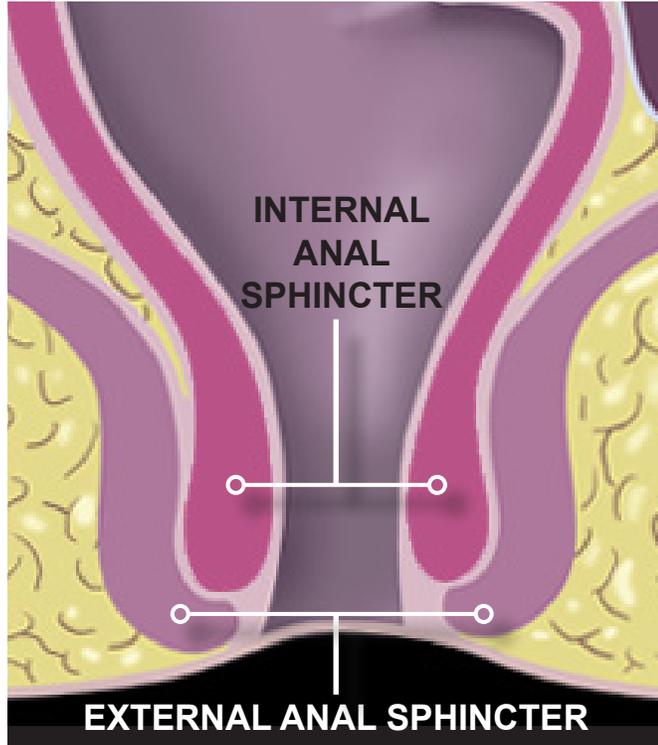


The Anal Sphincters and Bowel Control



There are two sphincter muscles that coordinate and help control your bowels: the internal anal sphincter (IAS), and the external anal sphincter (EAS).

The internal sphincter is responsible for almost 80% of the resting muscle tone, however it is an involuntary muscle and you have no control over it.

Conversely, the external sphincter is responsible for the remaining 15-20%, and you do have control over this muscle.

Also hemorrhoids, may get involved and swell to prevent accidental leaking, and are also present in the area where sensation takes place.

The puborectalis and external anal sphincter work together to close the anal canal at times of increased pressure. By squeezing these muscles voluntarily when you cough or sneeze you can prevent leakage.