

# A Few Tips to Getting rid of Hemorrhoids

**T**here are some things you should understand before you try in getting rid of **hemorrhoids**. Hemorrhoids are the veins or **piles** in the area around the anus that's enlarged. Enlargement is an anomaly caused by extreme pressure exerted on the veins at the time. And because of enlargement, they could break producing bleeding and discomfort.

## This is Where Getting Rid of Hemorrhoids Will Cause a Problem for You

Constipation is the main cause of hemorrhoids and a during a hard **bowel** movement, stress is forced damaging the veins of the anal sphincter. In turn, this will cause pain, itching and bleeding.



## How Do You Get Rid of Hemorrhoids?

Well, there are a few ways to get rid of hemorrhoids. But before you start treatment, you should know first how serious your condition is. When you experience extreme bleeding or experience things that are unbearable, you ought to look for medical advice. You will be at a critical state and also health care is needed to get rid of hemorrhoids. In case your hemorrhoids are severe, your doctor may suggest surgery. Hemorrhoidectomy as its known, but only as a last ditch effort.

- Alternatively, there are other techniques to get rid of hemorrhoids that may be prescribed by your doctor.
- For many small to medium-sized piles, your doctor may use the rubber band ligation.
- With this procedure, doctors use a rubber band at the base of the piles to cut off the blood supply, so that they dry up within days.
- Other procedures include sclerotherapy, this is where a chemical solution is injected into the piles, shrinking them.

Another technique is a good infrared coagulation, this is where the doctor will use a special device and burn **hemorrhoidal** tissue. Self-treatment is another option, but it really is about your condition or how difficult and not embarrassing. Exercise every day is a good way to improve blood circulation to all parts of your system, including rectum. You can start exercising slowly, nothing too strenuous.

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**Bleeding Hemorrhoid Treatment** Having hemorrhoids can be tough no matter the severity or what kind they are. Millions of people have to go through the pain of dealing with this all too real and serious medical problem which confronts a range of individuals, mostly elderly adults....

- Another thing you can do is increase your intake of water, drinking eight glasses a day helps to improve the digestive system.
- Increasing fiber to be able to your diet, reduces the risk of constipation.

*Getting rid of hemorrhoids isn't hard to cure, click to see how you can help yourself today.*

*M.Lewis is a stay home mother of 3, who enjoys writing and marketing world wide web products.*



“ **Sandra R. Boyes**

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