

Had Enough of Hemorrhoids? These Tips and Treatments May Offer You Some Relief

Hemorrhoids, or **piles** as they are commonly called, are a real pain as well as can lead surgical treatment in extreme cases. The good news is most cases can be dealt with through simple changes to your diet and exercise regimen. Piles are actually vascular muscle in the anus accountable for stool control and just become a problem when they are inflamed.



Types of Hemorrhoids

There are two basic types of piles, internal and external. The difference between the two types is directly related to their location, as you can imagine. Those that occur over the dentate line are considered internal while the ones that are below it are believed external. What many people fail to realize is that **external hemorrhoids** are definitely not outside of the anal hole or visible.

Causes

Generally, piles are directly related to **bowel** movements. Constipation and diarrhoea could both contribute to the appearance of piles. The exact cause of hemorrhoids has not been clearly decided in clinical testing, however most would concur that pressure during pregnancy, prolonged seated and straining during bowel movements are key components.

Home Remedy

As stated above, most hemorrhoids treatment consists of nothing more than simple dietary changes, or in cases of prolonged sitting a good increase in exercise may be justified. Here are a few things you should consider if you are suffering with hemorrhoids:

- Fiber- increasing your fiber consumption will give your stool more bulk and soften it to be able to a degree.
- This will reduce the need to strain while having a bowel movement.
- Water- keeping yourself properly hydrated will reduce the chances of turning into constipated, another contributor to piles.
- Drink the recommended daily allowance or a little more if you suffer chronic constipation.
- Diet-do you could have frequent bouts of constipation or diarrhoea as a result of what you eat?
- Some individuals have problems with dairy products, specific fruits and other foods; eliminate these from your diet.

Weight- Should You Needed Another Incentive to Lose Weight, Piles May be Just that

People, who are overweight, as well as pregnant women, have more anal pressure, which can lead to painful hemorrhoids. Reducing your weight can alleviate this cause. Go- Do you frequently find yourself waiting to be able to use the bathroom? Whenever possible you should heed your body's natural urges rather than waiting, especially if you are suffering from piles.

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Prolapsed Hemorrhoids Prolapsed hemorrhoids is a medical condition and can be defined as swollen or enlarged veins, which appear around the anus region. Prolapsed hemorrhoids is actually quite often seen as a major symptoms, such as itching, painful irritation, as well...

During a width Up

While you are working with these and other remedies for hemorrhoids, you may be wondering how to ease some of your symptoms. Piles tend to be marked by pain, irritation and irritation of the rectal region. Lots of people are too embarrassed to talk about this problem with themselves physician and simply suffer in silence. Thankfully, there are a few simple things you can do to ease your discomfort.

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Creams- there are many different creams you can buy over the counter at the local drugstore. These types of medicated creams soothe the itching and burning associated with hemorrhoids. **Witch Hazel-** in the event that you are still a little shy about purchasing medications witch hazel is a great treatment for piles. Chill it slightly in the refrigerator and apply with cotton ball for the best results. **Hydrocortisone-** a simple cream that can ease itchiness **Warm Bath-** a soak in the tub can do wonders for many things that ail you, including hemorrhoids. **Wet Wipes-** they are not just for babies! Wet wipes are gentler than many toilet paper.

Conclusion

You have suffered for quite some time with hemorrhoids or simply just want a treatment regarding piles with a far more permanent result you could think about natural supplements such as Hemocyl. Before you look into a surgical solution, it is a good idea to try the least invasive steps first.

- Helena is an editor at a great site for [piles treatment](#) info.
- You can see a detailed list of piles symptoms included in her recent product review.



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Sandra is a leading writer at [uti-remedies.info](#), a site about alternative medicine. Last year, Sandra worked as a consultant for a well-known news startup. When she's not scouting for web content, Sandra enjoys cycling and surfing.

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