

# Help With Hemorrhoids

**M**ost of us over the age of 30 have at some point in time suffered from **hemorrhoids**. They are one of the most common medical ailments suffered by both men and women. Usually 80% of those who suffer with **hemorrhoids** are able to handle them with over the counter preparations and a few lifestyle changes. For others who suffer with **external hemorrhoids** surgery may be needed.



- **Internal hemorrhoids** are usually sign free.
- The most common symptom is blood seen covering the stool or on mouthwash.
- It is when these types of internal hemorrhoids prolapse to the outside of the anal sphincter that they become extremely painful and troublesome.
- Depending on the severity of your hemorrhoids you may be able to obtain relief with the following methods: A sitz bath.
- Sit in a few inches of warm water for fifteen minutes two to three times a day.
- When you wipe do not use toilet paper, use a pad or cotton ball moistened with witch hazel.
- You can purchase pre moistened pads in the drug store.
- You can use an over the counter cream to help reduce the burning and itching.
- Do not use it over the time specified by the manufacturer.

## Some Hemorrhoids Have to be Treated Surgically

There are several ways this is done. The first is a rubber band ligation where a group is placed around the hemorrhoid to stop the blood flow to it. The particular hemorrhoid withers away within a few days. Sclerotherapy is when a chemical solution is injected to shrink the hemorrhoid. Hemorrhoidectomy, where the hemorrhoid is surgically removed is normally used in severe cases.

- Other more longlasting measures to help you prevent a recurrence of hemorrhoids are to eat more fiber.
- Take a fiber supplement on a daily basis.
- Drink plenty of water to help keep your stools soft.
- Do not put off your urge to have a **bowel** movement.
- Don't sit for long periods of time on the toilet.

*Please keep in mind that any rectal bleeding should be evaluated by a physician.*



“ **Sandra R. Boyes**

*Sandra is a leading writer at [uti-remedies.info](http://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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