

Symptoms of Hemorrhoids and How to prevent Them Reoccurring

Hemorrhoids are a 'modern' day disease that is widespread in both males and females. They are also the most common anorectal area disease around and almost 70% of adult population has it.

- Hemorrhoids tend to be most commonly known as "piles".
- The person affected get each year itching, pain or bleeding of swollen tissues within the anal canal which contain blood vessels.
- Most people regarded as hemorrhoids are abnormal, as they are present in almost everyone.
- Many people suffer from hemorrhoids to some degree or other.
- The older you are the more likely you are to suffer from hemorrhoids.
- This does not mean that young people and children cannot get them.



Although the state of Hemorrhoids can be extremely unpleasant and painful for many people, fortunately, today they can be easily treated and in most cases they can be averted taking timely treatment.

Sometimes, the condition of hemorrhoids may well become worse as time goes by, medical professionals say they should be treated as soon as they appear and effective treatment for hemorrhoids could get if due attention is given from the beginning when it was diagnosed.

There are two types of Hemorrhoids widely known, which can appear both internally and externally of the anus. **Internal hemorrhoids** occur when there is too much pressure on the internal **hemorrhoidal** veins. The only sign that internal hemorrhoids exist is bright-red blood that appears frequently in the toilet bowl or on the toilet paper. Pain is not usually common with inner hemorrhoids, unless a blood clot forms or an infection occurs. The external hemorrhoidal problematic veins around the rectum can also become swollen, causing **external hemorrhoids**.

General Known Symptoms of Hemorrhoids

Many anal problems like fissures, fistulae, abscesses, or even irritation and itching possess similar symptoms to hemorrhoids and will be incorrectly referred to as such. Hemorrhoids usually are not dangerous or life threatening. Almost certainly, the symptoms simply disappear within several days. However, symptoms many eventually return, even worse than occurred before.

An internal hemorrhoid may protrude through the anus outside the body, becoming irritated and painful. This is known as a protruding hemorrhoid. Internal hemorrhoids, which usually lie inside the rectum, usually have no symptoms as well as therefore the patient may not be aware they have these as they do not generally cause any discomfort.

You experience any of the symptoms, as referred above related to hemorrhoids, it would be advisable to consult your doctor and take proper medication.

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Alternative Hemorrhoids Treatment: Effective Remedies for Other Causes of Hemorrhoids Lack of fibre in one's diet is not the only contributing factor that brings about hemorrhoids. Being in a particular state or condition for quite sometime, might cause your inner rectal muscle tissue to be able to weaken and become susceptible to...

Ways to Eliminate Hemorrhoids

Medical treatment of hemorrhoids will be aimed initially at relieving symptoms. However, several measures to reduce symptoms will be the following:

Warm tub baths several times a day in plain, warm water for about 10 minutes is a good idea.

- Preventing of the recurrence of hemorrhoids will require relieving the pressure and forcing of constipation.
- Doctors will frequently recommend increasing fibre and water or fluids in the diet.
- Eating the right amount of fibre and drinking six to eight glasses of water/fluid will result in lessens pressure on hemorrhoids caused by straining.
- Even when your hemorrhoids itch you will need to resist the urge to scratch it.
- Itching may result in infections and may trigger severe harm towards the area.

Number of methods may be used to get rid of or reduce the size of hemorrhoids such as painless non-surgical techniques, lasers for hemorrhoids, harmonic scalpel for hemorrhoids, and the use of hemorrhoid medicines.

Consumption of a hemorrhoidal supplement or application of a hemorrhoidal product or suppository to the affected area can bring relief for a limited time.

Exercise as well as other physical activities including walking and running, and eating a high fibre diet, help reduce constipation. Good sources of fibre are fruits, vegetables, and whole grains that will help to keep your bowels regular and reducing the pressure and pushing of constipation in your daily life.

“ *Hemocyl, a hemorrhoidal supplement, has been proven to reduce pain, bleeding, swelling, itching, excessive mucus secretion, and the burning and discomfort in the long run part of the colon quickly. Check this link the following <http://tinyurl.com/cpl4zvn> to learn more about the product.*



“ **Sandra R. Boyes**

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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