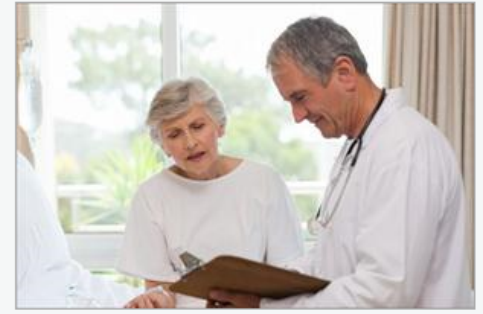


A Better Understanding of Hemorrhoids

The physiology of **hemorrhoids** is quite different from how it is popularly understood by the human population. Physiologically speaking, it is a mass of tissue that is a supporting device in stool control. It is also referred to as a cushion like clump that is filled up with connective tissue, veins, and arteries that helps with allowing stool to pass through the anal canal effortlessly. The **hemorrhoid** support also aids in protecting the muscles of the anal sphincter from damage as the stool passes by during **bowel** excretion. Since it has a steady supply of blood direct from the arteries, one of the most common symptoms of an abnormality in the **hemorrhoidal** cushions is bright red bleeding. There are two classifications of this abnormal condition: internal and external.



Internal hemorrhoids are dangerous because this can lead to a gangrenous condition wherein bloodstream die from the loss of blood supply due to spasms of the anal sphincter. In this case, immediate medical attention is recommended and surgery can become necessary. Some of the signs that there is an internal swelling on the cushions include the secretion of mucus in the rectal area and an unusual moistening of the anus and the skin that surrounds it. This dampness often leads to irritation, pain during bowel movements, rectal bleeding, stool that is wrapped in bright red arterial bloodstream, or blood sticking to the toilet paper or perhaps on the toilet bowl.

External hemorrhoids have more definite signs. You'll immediately know that you have this condition if you feel a lump that protrudes from your anus. And in contrast to the inner swelling of the hemorrhoidal cushions, the external lumps often do not result in blood loss and exhibit none of the symptoms of the particular internal condition. However, there is also an underlying danger to this condition: thrombosis or clotting of blood in the circulation system of a vein or artery. Because the hemorrhoidal cushion is still filled up with veins and arteries, there is still a chance for the occurrence of blood clots. This would also require the attention of a medical professional.

You are not suffering from swollen hemorrhoidal cushions, whether it is internal or external, it would really be best to keep yourself that way by doing some minor changes to be able to your diet. This entails eating more food that are rich in fiber, drinking the eight full glasses of water each day (more if you can deal with it), giving yourself adequate rest. You would also need to stay away a little bit from activities that put too much pressure on the abdomen.

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Piles Symptoms While hemorrhoids are vascular structures in the anal canal, once they become swollen or painful are classified as piles or pathological hemorrhoids. The exact cause of this disorder is unknown, but a number of factors are believed to play a role. A...

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“ **Kory S. Ford**

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