

## 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 leading to 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 rectum. 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 go through severe bleeding or feeling things that are unbearable, you need to find medical advice. You can be at a critical state as well as medical care is needed to get rid of hemorrhoids. If your hemorrhoids are severe, your doctor may suggest surgery. Hemorrhoidectomy as its known, but only as a last ditch effort.

- Alternatively, there are other ways 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 make use of a rubber band at the base of the piles to cut off the blood supply, so that they dry up inside of days.
- Other methods include sclerotherapy, this is where a chemical solution is injected into the piles, shrinking them.

Another method is a good home 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 body, including rectum. You can start training slowly, nothing too strenuous.

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



HemorrhoidsPilesHemorrhoids SevereHemorrhoidalBowel

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

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“ **Kory S. Ford**

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