

# Category: Hemorrhoids



Why Hemorrhoids Can Make Your Life Miserable And What you can Do to Help

Sat November 18, 2017

ADVERTISEMENT

## Hemorrhoids

**B**eing afflicted by **hemorrhoids** is no laughing matter. The pain and itching associated with the condition can be embarrassing as well as distracting. There are a number of solutions to help you overcome hemorrhoids and we'll talk about some of your options here.

- Exactly what are hemorrhoids?
- In short, hemorrhoids refers to a condition in which the problematic veins around the lower rectum or anus are inflamed and inflamed.
- Hemorrhoids can be found internally within the anus or externally around the anus.
- The condition is often worsened as sufferers attempt to make a **bowel** movement.
- Other causes include: diarrhea, anal intercourse, being pregnant, constipation, and aging.
- Signs of hemorrhoids are observed through blood on toilet tissue, as well as blood found in and around the toilet bowl.
- Alump or painful swelling around the anus can be a physical sign as well as extreme itching in the same location.

*There are two strategies you can try to actively reduce or eliminate the condition:*

### Apply a Hemorrhoidal Cream or Suppository to be Able to the Area Affected.

Warm tub baths, several times a day, in plain water.



HemorrhoidsBowel

### To Prevent Future Assaults You can Take the Following Steps:

Constipation is a problem for you, increase your fiber intake to bring on smoother bowel movements.

### Cut Back on Caffiene as Coffee and Similar Products May Exacerbate the Problem.

Exercise regularly.

### Severe Cases You May Need a Physician's Intervention

Your doctor may suggest that affected tissue be burnt or the hemorrhoid removed altogether. Other options include rubber band ligation or the injection of a chemical solution to alleviate the condition.

- Some cases of hemorrhoids just go away on their own.
- In all cases you are able to control and even eliminate the problem by following the steps outlined for you.

*“ About the author: Matt is The Article Writer who writes on a variety of topics. You are able to look at his primary site at <http://www.thearticlewriter.com> for samples of his work.*



**“ Kory S. Ford**

*Kory is a writer at [utitreatment.info](http://utitreatment.info), a web site about alternative health issues. Last year, Kory worked as a post curator for a well-known high tech web site. When he's not researching content, Kory enjoys working out and roller skating.*

**Disclaimer:** Content in this document is an advertisement, therefore it may be biased and should not be considered an objective or independent review. Owner of this document may be compensated when you purchase a product by clicking a link in this document. The views and opinions expressed in this document are purely of the author. Any product claim or other representation about a product or service should be verified with the manufacturer, provider or party in question. Any health information in this document is for educational purposes only and is not intended to replace the advice of your health care provider.