

# What Are External Hemorrhoids?

**H**emorrhoids or Piles is a medical condition, which is marked by enlarged tissue near the area of rectum. It is also characterized by bleeding, which usually occurs, whilst passing of stools. If you are suffering from this condition, then it might prove to be a very difficult situation for you. It would not only disturb your daily routine, but might also interfere with your work as well.

This problem, the blood vessels of the rectum could easily get dilated due to the pressure exerted on the rectal veins. As a result of this, the muscles which support the hemorrhoidal vessels, get enlarged like bubbles, possibly inside the rectal canal, or around the anus. The situation is believed to be very common in the us and according to a rough estimate; about fifty percent of the population in the us is experiencing the condition.



## The Condition can be Broadly Categorized Under Two Categories, I.E

**internal hemorrhoids** and **external hemorrhoids**. Internal hemorrhoids are usually not painful, as a result of the lack of nerve endings in the rectum. As a matter of fact, a number of people are not even aware, that they are suffering from internal piles, till they get irritating, and lead to bleeding, during the passing of tools. With the stool rubbing against internal piles, ruptures tend to be caused, which results in bleeding. **External hemorrhoids** on the other hand are characterized by swollen veins in the form soft lumps around the anal opening. In case of progression of blood clots, this particular lump may turn hard and become really painful. Exterior hemorrhoids are generally very painful. This is because, the skin tissues around the anal opening is thickly covered with nerve endings.

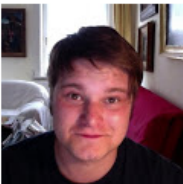
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*The H Miracle - Is it a Scam? Hemorrhoid Miracle, better known as the H Miracle, is an instruction guide in a chronological manner that will comfortably aid hemorrhoid sufferers in hemorrhoid removal. The author of H Miracle, Holly Hayden, states that she herself had hemorrhoids...*

Of the two kinds of hemorrhoids, or perhaps piles, **external piles** is actually the most common. Since it is very painful, therefore, it frequently interferes in one's day to day activity. There are a number of external **hemorrhoid treatment** options, which are available for the treatment of external piles. Nevertheless, the best thing to do, in such a scenario, is to ensure a proper dose of fiber and roughage in your diet. This would be helpful in warding off constipation and consequently, it would be helpful in easing of the piles related pain.

*You are suffering from hemorrhoids then twenty four hours a day visit a hemorrhoid doctor*



“ **Kory S. Ford**

*Kory is a writer at 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.*

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