

# Elderly and Hemorrhoids

**A**s one ages, it is very normal that several discomforts arise. The elderly are usually affected with so many distressing disorders that not just give them bodily pain but emotional pain as well due to the shame this brings to them. **Hemorrhoids** in the elderly are just one of those several discomforts they have that makes them feel very uncomfortable.

Hemorrhoids occur when the anal veins become dilated or swollen because of several factors such as straining **bowel** movements, unhealthy diet and constipation. As more stress is being put on the swollen anal veins, it eventually ruptures, leading to bleeding when the person defecates. The elderly are more common to build up hemorrhoids than younger ages because the elderly generally take foods that are easy to chew and break down which are contributory in order to constipation. Also, the sphincter muscles of elderly happen to be weak as a result of the degenerative process of aging, which makes their anal veins easier to dilate and be swollen.



## The Elderly are Also At Risk for Soilage, Which is the Opposite of Constipation

Soilage occurs as a result once again of the weakened sphincter muscles and lack of control of bowel movement, leading now to be able to leaking from the rectum, producing the veins irritated and once again leading to the development of hemorrhoids.

## Hemorrhoids in the Elderly Usually Go Unnoticed Until Advanced Stages

This is because the elderly also develop decrease in sensory perception due to aging and slow transmission of nerve impulses. They also fail to recognize the need for consulting a physician as they think and they believe that what they actually feel are just a part of the normal changes for aging and degeneration. Treatment givers with regard to the elderly should be very vigilant in dealing with such conditions in order to treat the condition earlier.

## Preventing Hemorrhoids is Still the Best, Not Merely for Elderly, but for All Ages

A very important factor which usually should always be prevented is constipation. Preventing constipation is done by eating foods an excellent source of fiber such as green leafy vegetables, whole wheat, nuts and legumes as well as fresh or dried fruits. Drinking a lot of fluid would also prevent the formation of tough stools that lead to straining. Also, performing normal exercises aid in the improvement of peristaltic or intestinal movement and prevent constipation.

When an elderly previously is affected with hemorrhoids, treatment options are almost exactly the same to what is being done to adults. The physician usually prescribes the use of stool softeners to prevent constipation and straining. Also, the alternating cold and warm compresses are being done to be able to aid in the healing of the hemorrhoids in the elderly by improving the blood circulation to the area. This is done through the use of cold compress for ten to twelve to fifteen minutes then applying warm compress for the next ten to fifteen minutes. In advanced stages, surgery becomes a choice.

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*Had Enough of Hemorrhoids? These Tips and Treatments May Offer You Some Relief Hemorrhoids, or piles as they are commonly called, are a real pain as well as can lead surgical treatment in extreme cases. The good news is most cases can be dealt with through simple changes to your diet and exercise regimen. Piles are actually...*

- Sometimes, people think that the elderly do not typically care about how they feel as they know that they are already old.
- Due to this, treatment for them is being disregarded by many.
- But actually, the elderly also feel distressed and depressed as adults do.
- So their conditions ought to be addressed equally as how mature hemorrhoids are being addressed.

“ To find out more on elderly and hemorrhoids please visit <http://how-to-cure-hemorrhoids-fast.blogspot.com> and <http://how-to-get-rid-of-hemorrhoids-at-home.blogspot.com>.

For French go to <http://traiter-les-hemorroides-naturellement.blogspot.com> and <http://hemorroide-faits-traitements.blogspot.com>.

For Spanish visit <http://tratamiento-de-las-hemorroides.blogspot.com> For Italian visit <http://come-curare-emorroidi-modo-naturale.blogspot.com>.

For German Visit [Http://Hamorrhoiden-Behandlung-Hausmittel.Blogspot.Com](http://Hamorrhoiden-Behandlung-Hausmittel.Blogspot.Com)

For Portuguese visit <http://como-curar-hemorroida-naturalmente.blogspot.com>.

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