

# Guaranteed Ways to Cure Hemorrhoids

**H**emorrhoids are inflamed veins visible in the lower part of the rectum and the anus. They turn out to be enlarged because of increased strain within all of them, normally as a result of straining from stools and during pregnancy because of the pressure of the enlarged uterus. Some of the ways to cure hemorrhoids are cited in this article.

Before any form of treatment, a careful assessment and accurate analysis by the doctor is significant any time bleeding from the rectum or blood in the stool happen. Bleeding may also be a sign of further digestive illness, including colorectal cancer. Closer assessment of the rectum for hemorrhoids needs a test with an anoscope or a proctoscope, useful for completely analyzing the whole rectum.



## Medical Healing of Hemorrhoids is Aimed Primarily At Relieving Symptoms

Procedures to be able to decrease symptoms include tub bathing several times a day in plain, warm water for about 10 minutes and application of a hemorrhoid cream or suppository to the affected area for a limited occasion.

- Preventing the reappearance of hemorrhoids will need relieving the strain and straining of constipation.
- Doctors will frequently suggest increasing soluble fiber and fluids in the diet.
- Eating the exact quantity of fiber and having six to eight glasses of fluid bring about softer, bulkier stools.

Stool that is much softer will really make bowel movements much easier and also at the same time, will reduce the pressure on your hemorrhoids which are caused by too much push. Getting rid of straining also helps prevent the hemorrhoids from protruding.

- What is more, doctors may suggest a bar stool softener or perhaps a supplement called psyllium or methylcellulose.
- In a few cases, hemorrhoids should be cured endoscopically or through a surgical procedure.
- Such methods are employed to break by reducing the size of the hemorrhoidal tissue.
- A number of methods may be used to remove or reduce the size of internal hemorrhoids.

These techniques entail having a rubber band ligation wherein a rubber band is placed around the base of the particular hemorrhoid inside the rectum. The band cuts off blood circulation, and the hemorrhoid withers away within a couple of days. There is also Sclerotherapy wherein a chemical solution is injected around the blood vessel to shrink the hemorrhoid. Also, you have the home coagulation in which a special tool is employed to burn hemorrhoidal tissues. And lastly, there is hemorrhoidectomy wherein extensive or severe internal or external hemorrhoids may call for removal by surgery known as hemorrhoidectomy.

Exercise, such as that of walking, and improved fiber intake in what you eat help eliminate constipation as well as too much pushing by coming up with stools which are clearly softer and easier to get rid of. There are actually many ways to cure hemorrhoids cure hemorrhoids but keep in mind that not all products or forms of cures in the market can definitely guarantee you with Completely healing. Therefore, it really is best if you will be vigilant in picking what is best for you.

- Tired of obtaining the same hundreds of promises from item adverts in order to cure hemorrhoids?
- Check out our website and find out about how you can really eliminate the pain and discomfort without having to waste your valuable time and money.

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