

# Symptoms of Hemorrhoids and How to prevent Them Reoccurring

**H**emorrhoids are a 'modern' day disease that is widespread in both males and females. They are also the most common anorectal area disease around and almost 70% of adult population has it.

- Hemorrhoids tend to be most commonly known as "piles".
- The person affected get each year irritation, pain or bleeding of swollen tissues within the anal canal which contain blood vessels.
- Most people considered hemorrhoids are abnormal, as they are present in almost everyone.
- Many people suffer from hemorrhoids to some degree or other.
- The older you are the more likely you are to suffer from hemorrhoids.
- This does not mean that young people and children cannot get them.



Although the state of Hemorrhoids can be extremely unpleasant and painful for most people, fortunately, today they can be easily treated and in most cases they can be prevented taking timely treatment.

*Sometimes, the condition of hemorrhoids may well worsen as time goes by, doctors say they should be treated as soon as they appear and effective treatment for hemorrhoids could be given if due attention is given from the beginning when it was diagnosed.*

There are two types of Hemorrhoids widely known, which can appear both internally and externally of the anus. **Internal hemorrhoids** occur when there is too much pressure on the internal **hemorrhoidal** veins. The only sign that internal hemorrhoids exist is bright-red blood that appears frequently in the toilet bowl or on the toilet paper. Pain is not usually common with internal hemorrhoids, unless a blood clot forms or an infection occurs. The external hemorrhoidal blood vessels around the rectum can also become swollen, causing **external hemorrhoids**.


## General Known Symptoms of Hemorrhoids

Many anal problems like fissures, fistulae, abscesses, or irritation and itching possess similar symptoms to be able to hemorrhoids and can be incorrectly referred to as such. Hemorrhoids usually are not dangerous or life threatening. Almost certainly, the symptoms simply vanish entirely within a few days. However, symptoms many eventually return, a whole lot worse than occurred before.

An internal hemorrhoid may protrude through the anus outside the body, becoming irritated and painful. This is known as a protruding hemorrhoid. Internal hemorrhoids, that lie inside the rectum, usually have no symptoms and therefore the patient may not be conscious they have all of them as they do not generally cause any discomfort.

You experience any of the signs, as referred above related to hemorrhoids, it would be advisable to consult your doctor and take proper medication.

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**Hemorrhoid Cure - Treating Hemroids - How To Treat Hemmoroids** Hemorrhoid Cure -Hemorrhoids is a health problem suffered by many in silence. Because of this various ways of treating it have sprung up. From the easiest ways of healing to be able to the most radical methods such as ligation along with other...

## Ways to Get Rid of Hemorrhoids

Medical treatment of hemorrhoids is actually aimed initially at relieving symptoms. However, some measures to reduce symptoms will be the following:

*Warm tub baths several times a day in plain, warm water for about 10 minutes is a good idea.*

- Preventing of the recurrence of hemorrhoids will require relieving the pressure and straining of constipation.
- Doctors will most likely recommend increasing fibre as well as water or fluids in the diet.
- Eating the right amount of fibre and drinking six to eight glasses of water/fluid can lead to lowers pressure on hemorrhoids caused by straining.
- Even when your hemorrhoids itch you will need to resist the urge to scratch it.
- Scratching can lead to infections and may trigger severe harm towards the region.

*Number of methods may be used to remove or reduce the size of hemorrhoids such as painless non-surgical techniques, lasers for hemorrhoids, harmonic scalpel for hemorrhoids, and the use of hemorrhoid medicines.*

*Consumption of a hemorrhoidal supplement or application of a hemorrhoidal lotion or suppository to the affected area can bring relief for a limited time.*

Exercise as well as other physical activities including walking and jogging, and eating a high fibre diet, help reduce constipation. Good sources of fibre are fruits, vegetables, and whole grains that will help in order to keep your bowels regular and relieving the pressure and forcing of constipation in your daily life.

Hemocyl, a hemorrhoidal supplement, has been proven to reduce pain, bleeding, swelling, itching, excessive mucus secretion, and the burning and discomfort in the end part of the colon quickly. Check this link right here <http://tinyurl.com/cpl4zvn> to learn more about the product.

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