

Dealing With Painful Hemorrhoids - What you need to Know

Hemorrhoids are the swelling of the blood vessels or tissue in the anus or lower rectum and can become really painful if left untreated. Millions of people are silently struggling with hemorrhoids due to distress. They're ashamed to discuss or even ask advice for a problem involving the rectum. Dealing with painful hemorrhoids is not easy and sufferers must find ways to free themselves from this painful condition to improve the quality of their lives.



Have Your Hemorrhoids Checked by Your Doctor

Hemorrhoids can be internal or external and it is best to have it checked by your doctor. An excessive amount of straining during bowel movement, chronic constipation, contamination in the anus and extended sitting are a couple of the causes of hemorrhoids. Age is also a factor because of its occurrence; people in their 40s to 60s are more likely to develop hemorrhoids. Pregnant women are also vulnerable to hemorrhoids but the condition usually disappears after childbirth.

Is not a life threatening condition but sometimes it can also be a symptom of colon problems so it is best to talk to your doctor to rule out any healthcare issue especially if there is hemorrhaging in the rectum or blood in the stool. In dealing with painful hemorrhoids, forget about embarrassment because early detection of virtually any medical problem can save you from significant ailments. Less invasive treatments carried out by doctors or perhaps surgeons to remove hemorrhoids are usually rubber band ligation, infrared coagulation and also sclerotherapy but for large hemorrhoids, surgery maybe necessary.



HemorrhoidsBowel

Simple diet and changes in your lifestyle can be very helpful in dealing with painful hemorrhoids. Insufficient fiber can cause chronic constipation that may lead to the development of hemorrhoids. More fiber to your diet improves digestive function and also can make your own stool much softer and simpler to pass so constipation or excessive straining during bowel movement can be avoided. Fruits, vegetables and whole grains are good sources of soluble fiber. It is also important in order to drink a lot of water, at least 8 glasses of water daily. Prolonged sitting may also result to hemorrhoids so it is much healthier to be physically active than sit all day at home or in front of the computer.

Hemorrhoids are Very Treatable and You Do Not Have in Order to Suffer Silently

You will find treatments available for you. When controlling unpleasant hemorrhoids, it is better to seek treatment now than wait for the condition in order to get worse. Cease experiencing a condition that can be treated and removed. Find the best treatment as well as feel better. Home treatments or remedies are other options if you want to naturally treat hemorrhoids. To know more visit [Freedom from Unpleasant Hemorrhoids](#).

To Know more about health and beauty natural remedies visit [Health and Beauty Link](#)

Gerry Restrivera writes educational articles upon various subjects including Dealing with Painful Hemorrhoids- Exactly what You need to know. You are allowed in order to publish this article in its entirety provided author's title, bio and website links should continue to be intact and included with every reproduction.

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.