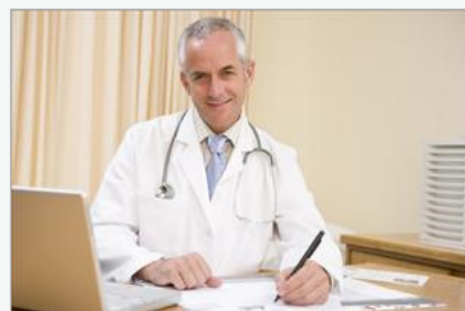


# How To Get rid of hemorrhoids - Escaping the Symptoms It Brings

**T**um-Bum or *Piles* -that's what other people call **hemorrhoids**. It is normally part of the human anatomy of the anal canal. But when it becomes swollen or inflamed it is now a pathologic condition that needs to be seen by a medical group.



Generally on their physiological state, it is composed of a blood vessel and a connective tissue that act as a cushion and aid in the passage of the stool. It is the inflammation of the anal and the anal veins. Though being similar to varicose veins in the legs, they can cause pain, itchiness as well as hemorrhaging -in which bleeding would be bright red.

**Hemorrhoids** can be internal or external, and symptoms depends on its place. Usually **internal hemorrhoids** would likely to have a bright-red blood that can be found in the surface of the stool. While **external hemorrhoids** can eventually be seen by the swelling of the anus, it can be much painful if clots are formed.

Rare type, Prolapsed Hemorrhoids, arises from inside the rear end and protrudes to the anus. Hemorrhoids are common to people with cirrhosis and pregnant women. Even though it can affect anyone, however, learning how to get rid of hemorrhoids would mean escaping the chances of experiencing the uncomfortable signs it brings.

The best way on how to get rid of hemorrhoids can be achieved in the event that prevention is taken into consideration first and a just observed treatment would just follow. Straining is one principal cause why people develop hemorrhoids especially when constipation occurs. That is why drinking adequate fluids everyday softens the stool-preventing constipation.

## An Increase in Fiber Intake is Also One of the Prevention Methods

Actions that take a lot of time sitting are another factor. The whole body gives pressure to the anal area and in order to prevent the development of hemorrhoids, it is best to take a break by standing or walking from time to time.



HemorrhoidsInternal HemorrhoidsHemorrhoid TreatmentExternal

- Treatment on how to get rid of hemorrhoids depends on its sort, whether internally or externally.
- A Corticosteroid such the Hydrocortisone cream is one of the treatments on how to get rid of hemorrhoids externally.
- Steroids act as an anti-inflammatory that reduce the swelling.
- On the other hand, Hydrocortisone suppositories can be used to treat hemorrhoids internally.

## Both the Cream and Suppositories can be Bought by Over-the-Counter Basis

But still, when hemorrhoids are not resolve with these drugs, medical assistance is recommended for there are more potent medications available that would need a medical advice on the proper usage. Severe type of inside hemorrhoids can be treated surgically, though post-operation issues are inevitable.

## Sometimes Stitches can Break Through Defecation and It Would be Very Painful

Another option of getting rid of hemorrhoids is as simple as laser treatment in which hemorrhoids are contracted. But then, many treatments are needed thereafter. As this kind of medical treatment can carry a significant chance and discomfort, a lot of people would prefer the natural way of therapeutic hemorrhoids.

- With so many contemporary technologies available nowadays, knowing and learning how to get rid of hemorrhoids would not be a great problem anymore.
- All the procedures have their own pros and cons.
- But why have to suffer the agony of getting rid of those hemorrhoids in the event that in the first place you know how to prevent them?
- Our body is a precious gift from God.

## We Should Take Good Care of It Because that's What He Wants Us to Do.

Alvin Hopkinson is actually a natural health educator in the area of remedies and hemorrhoids cures. Discover the best **hemorrhoid treatment** available using proven natural home remedies, all without using harmful medications or drugs. Visit his site right now at <http://www.hemorrhoidpainrelief.org> If you enjoyed this post, you should like: Trilastin SR Stretch Mark Cream.



“ **Sadie Walters**

*Sadie is a content marketing professional at utioverthecounter.info, a collection of articles about medicine. In the past, Sadie worked as a advertising guru at a news startup. When she's not sourcing web articles, Sadie enjoys hiking and rock climbing.*

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