

# Treat My Hemorrhoids - How To Protect Yourself

**H**ow to treat my **hemorrhoids**? If you are someone who suffers from hemorrhoids, perhaps you can find comfort in the fact that seventy five percent of all adults suffer from the same ailment at sometime in their lives. But, with regard to a condition that is so agonizing, it's prevention and cure are surprisingly simple.

Hemorrhoids, or piles, happen when the problematic veins around the lower rectum and anus become swollen and inflamed. This causes extreme soreness while passing stool, itching and irritation and bleeding from the anus, which in turn leads to the formation of blood clots inside the anus.

The most common causes of **hemorrhoids** are obesity, pregnancy, constipation, dehydration from excess caffeine and alcohol consumption, anal intercourse, lack of dietary fibre and moisture in dietary habits, and sedentary lifestyles.

Having said the above, you can protect yourself from falling victim to this painful condition with a simple change in lifestyle. You should drink about eight glasses of water each day, include fibre rich foods, vitamin supplements and herbs in your diet, avoid sitting for prolonged periods, and exercise at least three times a week.

By doing this, you improve vascular circulation in turn conditioning vein walls, making them less susceptible to rupture and inflammation.



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**Best Cream for Hemorrhoids** Millions around the world are known to suffer from the the signs of hemorrhoids. If you are someone who is suffering from a similar, after that there is some good news awaiting you. A good hemorrhoid cream can help you get relief from the majority...



HemorrhoidsInternal HemorrhoidsExternal HemorrhoidsHemorrhoidStrangulated

Hemorrhoids are of two types: Outside hemorrhoids in which occur outside the rectum and under the anus; and **internal hemorrhoids** that occur within the anal canal. Internal hemorrhoids often go undetected, as there are no pain receptors in this region. Due to this, when left untreated, inner hemorrhoids tend to become distended and get pushed beyond your rectum - causing a condition known as prolapsed or strangulated hemorrhoid.

“ *Treatment for hemorrhoid is a relatively simple surgery that involves stopping the blood flow to the main artery that supplies blood to the painful vein. Doctors may choose to treat the condition with topical ointments and also creams if detected early; or suggest procedures such as Doppler filigation, hemorrhoidectomy, or sclerotherapy depending on the severity of the condition and symptoms.*

Thrombosed **External Hemorrhoids** Information?

- Do you need to eliminate the pain and embarrassment for good?
- Discover a method to be able to cure hemorrhoids safely inside 48 hours by going to the website below.



“ **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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