

# External Hemorrhoids: Simple Ways to Fight Them Off?

**S**tudies have revealed that in United States only, nearly 11 million people suffer from **hemorrhoids**. The common term used for **hemorrhoids** is **piles**. Despite being a common health issue, most of the people do not like to be able to talk about them and patients do not all of them treated unless the pain becomes intensive. Increased level of pressure on the rectal or even anal area is responsible for their emergence. They can significantly affect a person's ability to stand, sit, and sometimes even walk.



Most common hemorrhoid signs include swelling, itching, bleeding, soreness, burning sensation, and general discomfort. They can be divided into two types in view of their location. **External Hemorrhoids** tend to be the ones that form on the opening of the anus or rectum. On the other side, **Internal Hemorrhoids** tend to be the ones located inside the anal lining. People who have constipation, on and off diarrhea, faulty eating habits, low-fiber intake, and tend to stand for prolonged periods of time tend to be more vulnerable to development of hemorrhoids than others.

*Hemorrhoids are posing an issue for you and you have been wondering about safe and easy ways on How to Handle Hemorrhoids, below are a few helpful suggestions for you.*

- Drink plenty of fluids, especially clear water.
- One should make efforts to drink at least 8 glasses of water every day to be able to keep the constipation away.
- Plenty of water also helps to make soft stools in which are easy to pass.
- li) Avoidance of enhanced or process food items is essential.
- Eat a high bran diet plan and introduce fruits, vegetables, as well as whole grain snacks in order to your diet.
- lii) One should avoid spending too much time in the restroom.
- It strains the anal muscles.
- You ought to go where there is desire.
- Postponing the **bowel** movements also help to make the stools harden and also dry up.

“ *Three steps to get rid of hemorrhoids* Constipation, Hemorrhoids or Piles, and inactivity go hand in hand. If you have been constipated for quite a while, chances are you have hemorrhoids. If you are inactive since you the same as hanging out or even are usually confined to a bed or...

- Iv) After bowel movements, usage of toilet paper should be avoided.
- It might irritate the skin tags.
- Baby wipes or warm water can be used as an alternative.

## Cut on Alcoholic Beverages and Carbonated Drinks.

Vi) Ice packs can also be used up to four times a day to soothe the discomfort. Inflammation also gets assisted by use of these ice packs.



Hemorrhoids External Hemorrhoids Bowel Hemorrhoid Internal

## Vii) Affected Area Should be Properly Cleansed and Kept as Dry as Possible.

Viii) Utilize sitz baths regularly to help reduce the redness. Anal area can be immersed in water for 15 minutes multiple times during the day.

## Most of the Cases, Hemorrhoids Respond to These Kinds of Easy to Follow Home Remedies

However in cases where these do not respond to home treatments, it is important to seek expert advice for the same. However, by treating them at their own initial stages, you can stay away from from the discomfort, pain, and frustration.

*For good thing about the readers, our website has much more useful and related information based on how To treat Hemorrhoids as well as good stuff about External Hemorrhoids .*

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