

Hemorrhoid Facts And Treatments

The medical world a **hemorrhoid** is described as an enlarged or swollen vein. **Hemorrhoids** are somewhat similar to varicose veins that develop in the legs, except that hemorrhoids tend to be veins based in the anal sphincter. These types of veins cushion and protect the anal canal. Discomfort and also problems occur when these problematic veins are stretched and tear under pressure.

Hemorrhoids certainly are a very common medical problem seen in both men and women, usually over the age of 30, generally struggling with hemorrhoids between the ages of 45 and 65 years old. It is estimated that more than a half million people seek treatment for symptomatic hemorrhoids each year in the United States. Of this half million hemorrhoid experiences, 10 to 20 percent will need surgical treatment.

Most medical professionals guilt the organization of hemorrhoids on prolonged sitting on the toilet and longterm straining as a result of constipation. Hemorrhoids are also very common during pregnancy, due to the strain from carrying the excess weight of the child.

You may suffer from internal or **external hemorrhoids**. Generally internal hemorrhoids, which are located higher up in the anus are not painful, but you will see bleeding. Hemorrhoids will bleed vibrant red blood due to their abundance of arterial blood, which is different from the dark bloodstream in your venous system. At times a hemorrhoid will protrude from the anal canal. Usually these hemorrhoids, which are called prolapsed, can be gently pressed back inside. If not, a consultation with a specialist is important.

External hemorrhoids are the ones that are itchy and painful and really unpleasant. If you go through external hemorrhoids you will see bright red blood on the toilet paper, or even in the toilet bowl after a **bowel** movement.

There are Ways to Ease the Discomfort of Hemorrhoids

A sitz bath may help to relieve the discomfort of hemorrhoids. It is suggested that you sit in a tub of warm water for fifteen minutes several times a day. When you wipe, instead of toilet paper utilize patches soaked with witch hazel. It is possible to get these pads from any drug store. Application of any of the numerous over-the-counter hemorrhoid preparations will help to relieve the discomfort and itching.

Prolonged Periods of Possibly Standing, or Sitting can Aggravate Hemorrhoids

Forcing when you have a bowel movement is one of the chief causes of them, and will certainly make them worse and much more agonizing. Don't do it. The cause of constipation may be not enough fiber in your diet. Take a fiber supplement.

Any Rectal Bleeding of Any Kind Should be Checked by Your Physician.

About the author: This article courtesy of <http://www.hemorrhoid-answers.com>.



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