

Hemorrhoid Relief and Treatments

Hemorrhoids are a painful, irritating and often embarrassing condition that many people suffer. Around half of the population will at some point or another suffer from hemorrhoids. They are most common in quickly thirty five and pregnant women. They can be triggered my a number of things, through straining anal muscles when going to the toilet to lifting heavy objects.

There are two types of hemorrhoids, internal and external (with a possible third type - internal developing into an external).

There are various treatment options for them including over the counter remedies, but these are not always recommended or effective.

- **External hemorrhoids** can be soothed with an ice bag to them.
- This will help numb the pain and any itching.
- Try not to sit down for too long periods of time as this is putting pressure on them.
- Try to go for a walk or do something standing up.
- Most symptoms of hemorrhoids can be treated with a warm bath two to three times a day for ten minutes.
- Some individuals add a bit of salt to the bath.
- This will help keep them clean as well as soothing any pain.



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***Recognizing The Symptoms of Hemorrhoids** Hemorrhoids are a painful ailment that many people have to endure. Although everybody does not quite understand what they are and if they might have all of them. Many times, the signs of hemorrhoids are intertwined with other ailments. Although...*



Hemorrhoids External Hemorrhoids Bowel

Eating a lot of fibre and drinking a lot of water (around eight glasses a day) will help to keep your going number 2 easy - this is very important as any added strain is likely to be very painful and possibly cause bleeding. There are also supplements that will help soften your stool that can be bought or given to you by your doctor.

- Your own hemorrhoids have not eased in a 1-2 weeks make sure to see a doctor.
- Thrombosed (clotted) hemorrhoids can take a long time to be completely healed.

The above will help to relieve the pain, but often the victim will want to look for treatments instead

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