

## Hemorrhoid and Pregnancy: Are you a Candidate?

Pregnant women are susceptible to be affected by **hemorrhoids** because of the growing uterus. That puts pressure to your inferior vena cava and pelvic veins. Great news! You can deal with **hemorrhoids** during pregnancy. You do not have to worry because it will not put your life as well as your baby's life at risk with hemorrhoids. All you have to do is read materials about hemorrhoids and how you can manage it.



### An Introduction

Hemorrhoids are also called **piles**. It is also a form of varicose vein. These are the veins that surround the rectum that are painful and swollen. During pregnancy, so many physical changes happen. You have more blood circulating in your body through the veins. Your veins are going to be dilated especially those located below the uterus. The signs that you will experience are burning, itching, bleeding and pain. You will see bright red blood on your stool or toilet paper right after your **bowel** movement if you have bleeding hemorrhoids. Make sure if this happens, you have to tell your obstetrician even though you suspect that it is because of your hemorrhoids.

### What to Do

The main suspect for the formation of your hemorrhoids is constipation. Straining during bowel movements will put pressure on your dilated veins. If you suffer from constipation, ensure that you get an advice from your doctor for bar stool softener. Pregnant women can still do something about their hemorrhoids. Here are some ways to prevent constipation:

#### Drink At Least Six to 10 Glasses of Water Daily.

Consume foods rich in fiber.

- Engage in exercise.
- The perfect exercises for pregnant women are yoga and kegel exercises.
- This will not help you and your baby to stay healthy but it will prepare your body to the upcoming shipping day.

#### Managing the Particular Discomfort

Apart from doing the tips above to be able to prevent from obtaining constipated, listed below are tips to lessen the discomfort and uneasy feeling.

- Always make sure that your anal area is always clean.
- Use baby wipes or wet tissue instead of dry tissue and paper towel.
- There are medicated hemorrhoid pads available as well that are more comfortable to make use of.
- Prevent standing and sitting for a long time because it gives too much pressure on your hemorrhoids.
- Lay down for a few minutes to rest your tired body.
- Prevent lifting heavy objects.
- Let someone do it for you.
- Apart from pressuring your hemorrhoids, it is bad for you and your baby.

*Apply petroleum jelly on your rectum in order to ease and awesome away your bowel movements.*

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*The Natural Hemorrhoid Cures Applied Today One of the biggest health problems that we face today are hemorrhoids. Hemorrhoid or piles is a medical condition wherein the veins in the rectal area, primarily in the anus, tend to be painful and swollen. 1000s of people are suffering from this...*

Sit on a pack of ice to provide you with a soothing rest from the inflammation and burning sensation.

- Take a warm bath enough to cover your hemorrhoids.
- Fill the bathtub with warm water and sit on it for a few minutes at least 2 times a day.
- Ask your obstetrician with regard to medicated creams.
- Do not just try any over-the-counter treatments.
- Remember, your hemorrhoids will go away soon after you give birth.
- It is not a big problem to add in your concerns during pregnancy.



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For more info on how you can protect yourself from hemorrhoids during pregnancy please visit <http://how-to-cure-hemorrhoids-fast.blogspot.com> and <http://how-to-get-rid-of-hemorrhoids-at-home.blogspot.com>.

For French visit <http://traiter-les-hemorroides-naturellement.blogspot.com> and also <http://hemorroide-faits-traitements.blogspot.com>.

For Spanish visit <http://tratamiento-de-las-hemorroides.blogspot.com> For Italian visit <http://come-curare-emorroidi-modo-naturale.blogspot.com>.

For German Visit [Http://Hamorrhoiden-Behandlung-Hausmittel.Blogspot.Com](http://Hamorrhoiden-Behandlung-Hausmittel.Blogspot.Com)

For Portuguese visit <http://como-curar-hemorroida-naturalmente.blogspot.com>.

For Additional languages visit <http://how-to-treat-hemorrhoids-at-home.blogspot.com>.

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