

# A Few Tips to Getting rid of Hemorrhoids

**T**here are some things you should understand before you try in getting rid of **hemorrhoids**. Hemorrhoids are the veins or **piles** in the area around the anus that's enlarged. Enlargement is an anomaly caused by extreme pressure exerted on the veins at the time. And because of enlargement, they could break leading to bleeding and discomfort.

## This is Where Getting Rid of Hemorrhoids Will Cause a Problem for You

Constipation is the main cause of hemorrhoids and a during a hard **bowel** movement, stress is forced damaging the veins of the rectum. In turn, this will cause pain, itching and bleeding.



## How Do You Get Rid of Hemorrhoids?

Well, there are a few ways to get rid of hemorrhoids. But before you start treatment, you should know first how serious your condition is. When you have extreme bleeding or sensation things that are unbearable, you should look for medical advice. You may be at a critical state and medical care is needed to get rid of hemorrhoids. In case your hemorrhoids are severe, your doctor may suggest surgery. Hemorrhoidectomy as its known, but only as a last ditch effort.

- Alternatively, there are other ways to get rid of hemorrhoids that may be prescribed by your doctor.
- For many small to medium-sized piles, your doctor may use the rubber band ligation.
- With this procedure, doctors make use of a rubber band at the base of the piles to cut off the blood supply, so that they dry up within days.
- Other treatments include sclerotherapy, this is where a chemical solution is injected into the piles, shrinking them.
- Another way is a great home coagulation, this is where the doctor will use a special device and burn **hemorrhoidal** tissue.
- Self-treatment is another option, but it's about your condition or how difficult and not embarrassing.
- Exercise every day is a good way to improve blood circulation to all parts of your body, including rectum.
- You can start training slowly, nothing too strenuous.
- Another thing you can do is increase your consumption of water, drinking eight glasses a day helps to improve the digestive system.
- Increasing fiber to your diet, reduces the risk of constipation.



**HemorrhoidsPilesHemorrhoids SevereHemorrhoidalBowel**

*Getting rid of hemorrhoids isn't hard to cure, click and see how you can help yourself today.*

*M.Lewis is a stay home mother of 3, which enjoys writing and advertising world wide web products.*



**“ Pasquale Saunders**

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