

About Hemorrhoids

Hemorrhoids are enlarged veins that are located in the lower anus and rectum. Increased pressure within them can cause them to turn out to be swollen. Straining during pregnancy or perhaps at stools enlarges the womb and increases the pressure within the hemorrhoid, causing it to become unpleasant and swollen.

An **external hemorrhoid** is located underneath the skin around your anus. Whenever an external hemorrhoid swells, it causes pain, bleeding and itching with a bowel movement. When the blood inside the hemorrhoid clots, it gets a **thrombosed external hemorrhoid** and brings about significant



“ An internal **hemorrhoid** is located inside your rectum's lining and cannot always be felt. An inside hemorrhoid is usually painless and you'll only know that you have it when you observe bleeding throughout **bowel** movement. An internal hemorrhoid can thrust outward or prolapsed through your anus.

pain.

Causes of Hemorrhoids

Hemorrhoids are usually the result of constipation or straining too hard during bowels. Straining during pregnancy can also result in a hemorrhoid to form. Straining, constipation, and pregnancy increase the pressure within your **hemorrhoidal** veins and cause them to swell. Medical conditions such as chronic liver disease can also cause your venous pressure to increase and result in hemorrhoid creation. Hemorrhoid formation is very common and usually occurs by middle age as well as above.

Symptoms of Hemorrhoids

Painless bleeding is the most common symptom of a hemorrhoid. If you notice bright red blood on your own stools, in the toilet seat, or even on the toilet paper you used, it may be a sign that a hemorrhoid has formed. Bleeding with bowel movement is not normal and you should visit your doctor as soon as you notice it. A hemorrhoid is a common cause of bleeding with bowel movement, but the bleeding may also be a sign of a tumor, infection, or inflammatory bowel disease. To find out the exact cause of the bleeding, consult a health care practitioner as soon as possible.

Self-Care for Hemorrhoid

You can treat hemorrhoids at home by sitting in warm water 3 times per day for about 15 in order to Twenty or so minutes. This helps reduce the inflammation of a hemorrhoid. Completely dry off your arschfick area right after the warm bath to avoid irritating the skin that surrounds your rectum. Changing your diet can also accelerate the healing of a hemorrhoid. Consuming more fiber-rich foods and increasing your fluid intake prevents constipation and lessens the pressure your anus and rectum, reducing the bleeding, distress and swelling the result of a hemorrhoid.

To access a free record, treatments, cures, treatment, methods and learn everything else you need to know about how to cure hemorrhoids once and for all 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 <http://hemorroide-faits-traitements.blogspot.com>.

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“ **Pasquale Saunders**

Pasquale is a content marketing professional at 20lux.com, a website about alternative health issues. Last year, Pasquale worked as a consultant for a well-known high tech company. When he's not writing articles, Pasquale enjoys drawing and rock climbing.

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