

Pregnancy: A major Risk Factor for Hemorrhoids

Pregnancy is major risk factor that can cause [hemorrhoids](#) in women. If you are pregnant, then it is highly possible for you to have hemorrhoids during the course of your pregnancy, especially during your third trimester.

- Pregnancy increases your risk of having hemorrhoids because the pressure in your pelvic area increases as your baby develops.
- The improving size of your son or daughter puts pressure on the bodily organs and the blood vessels that pass through in your pelvic area.
- This increase pressure hinders circulation to the lower part of the body, decreasing the blood flow in this area.
- Affected blood vessels expand or become swollen to be able to compensate for the decreased blood flow, causing hemorrhoids.



Another way that having a baby increases your risk of hemorrhoids is through the increased level of progesterone that occurs when you are with child. Progesterone slows down the smooth muscles movement of your stomach and intestines, significantly slowing the digestion. It is because progesterone inhibits the movement of the muscle groups found in the digestive organs, increasing the time ingested food stays in your digestive system. Furthermore, progesterone also affects the smooth muscle cells that produce gastric acid and essential digestive enzymes for example pepsin, further slowing down your digestion.

- As a result, the food you eat stays longer in your digestive tract, slowing down your own [bowel](#) movement.
- Sluggish bowel movement may outcome into constipation, hardening your stool.
- Harder stools make it tougher for you to defecate, causing you to strain during defecation.
- This continual forcing, with their increased pressure on the blood vessels in your anal and recta area, increases your risk of having hemorrhoids.
- Hemorrhoids can also occur when you finally deliver your baby.
- There are conditions when you need to strain when giving birth, that may lead to the development of your hemorrhoids.
- When this occurs, supervision of hemorrhoids becomes part of your postpartum care.

Hemorrhoids Relief for Expecting Women

You do not have to worry if you are currently pregnant and have hemorrhoids. Your hemorrhoids will eventually resolve on their own, especially when you deliver your infant. However, you may feel pain whenever you defecate or feel irritated and discomfort, especially if your swollen hemorrhoids are near your anus. Thankfully, here are a few simple to follow home cure for hemorrhoids that you can follow to get relief from your hemorrhoids.

First, realize that it is likely that you become constipated during the course of your pregnancy, so you need to take necessary steps to soften your stool. Try eating foods that are rich in fiber. Increase your intake of dark green, leafy vegetables, fruits and whole grain food products. Drink a lot of water and make sure you are drinking at least eight glasses of water each day. Making these changes help softening your own stools, helping you avoid straining during defecation, decreasing your pain and discomfort when you defecate.

- Your hemorrhoids are in close proximity to your anus, putting an icepack more than them several times a day may help lower the discomfort you feel.
- Make sure that the ice pack you use is adequately covered in order to avoid irritating your kin near your own anus.

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Sitz Baths can Also Help You With Your Discomfort

Sit in a tube filled with warm water for a few minutes each day to help relive the swelling of your hemorrhoids. If you do not have a bathtub, squatting over a basin filled with warm water produces the same effect. Notice that there are cold and warm treatments you can use for your hemorrhoids. Try to alternate warm and cold treatments until you find an effective treatment for you.



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You Should Prevent Sitting or Standing for Prolonged Periods

Because you are pregnant, it is likely that your gynecologist has already instructed you to take this precaution because doing so tremendously improves the circulation of your lower braches. Remember that prolonged sitting or standing boosts the pressure on your hemorrhoids, increasing your discomfort. Take frequent, short periods of rest and change your position frequently. When you spend most of your time and energy sitting down, try standing up and walking around every hour.

Observing Proper Hygiene Also Helps in Lessening the Discomfort and Discomfort You Feel

Gently clean the affected area after you pass your stools. Using water and tissue paper is suggested and stay away from scented tissue paper, wipes or related products because they could have substances that can further irritate or cause swelling to your hemorrhoids.

When to See a Doctor about Your Hemorrhoids

Hemorrhoids are generally not severe and may always be managed effectively at home using the previously discussed methods. However, if these methods do not help improve your condition then you should go ahead and make an appointment with your gynecologists. Also, when the pain you feel becomes more severe, or if your bleeding worsen when you defecate, then should seek medical attention immediately.

James Timoteo is a Writer Who Specializes in Health Care, Home Remedies and Sports

You can check out his latest website at home cure regarding hemorrhoids, where he provides helpful articles on how to manage hemorrhoids at home and Hemorrhoid cure information that can give you a lot more choices on how to manage your hemorrhoids.



“ **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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