

# Protruding Hemorrhoids - How to Heal Hemorrhoids and Prevent it From Happening Again

**Y**ou are one of the many people suffering right now from protruding hemorrhoids, chances are, you have been reading this article trying to search for any alternative way to treat your problem. Dealing with it is effortless, but prevention should be your concern to prevent it from happening again.



So what is often a [hemorrhoid](#) and how do we avoid it from happening? One of the startling things about [hemorrhoids](#) will be nobody, not even the doctors knew the real cause of this condition, or how it [piles](#) and becomes expand. Mostly, what we should have are just hypotheses, that maybe as a result of pressure in the sphincter while having constipation, the actual rectum's lining was force from it right placement causing it to protrude out of the body. This condition is known as Prolapsing hemorrhoids.

Most of the time, the [pile](#) return to the rectum on its own, but other times, it need to be pushed making use of your finger, until all the piles is return inside of. However, if pushing does not work, it is advice to get medical help immediately, to avoid hemorrhoids strangulation.

- Now, if you were in fact not diagnosed, but has the symptoms, it is best for you to get expert opinion.
- Cancer, colitis, and polyps have the same symptoms as hemorrhoids.
- So it is wise for you to be concern, instead of regret it someday, because you have been lax in looking after your heath.

## So Now, We've Come to the Best Part

Preventing them? The truth is that, it is possible to prevent it from happening. The key is to always make sure that your own stool stay soft, this can make sure that you simply weren't straining every time you are having [bowel](#) movements. How do you do that?

*By drinking plenty of water, about 7- 9 glasses or more each day, it does not include soda and other beverages.*

*Add lots of fiber food in order to your diet, such as fresh fruits, vegetables, and whole grain bread and cereals.*

## Lower Your Intake of Dairy Products.

All these steps may seem to be easy, but they are very effective in keeping you safe from hemorrhoid. Other small scientific results prove that squatting rather than sitting is more effective in assisting you lose stool, and may prevent the pole from protruding.

- Treating hemorrhoids can be non- operative as well as surgical procedure.
- Surgical means lawsuit, laser surgery, and stapling to fix the condition.
- This option can be discussed with your doctor; all things considered they will knew what's good for you.

The non -surgical way is through using over the counter medication, there are a lot of anti-inflammatory medicine available, just be sure to pick one that has a solution containing hazel, broom, and horse chestnut.

Accordingly, if you want to stop the unpleasant itching, burning sensation and the discomfort of protruding hemorrhoids, better consult with your health practitioner right away. Just in case the symptoms are not yet apparent or serious, you can try a number of the tips that are mentioned earlier. The sooner you work on it, the better for you.



### “ 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.*

**Disclaimer:** Content in this document is an advertisement, therefore it may be biased and should not be considered an objective or independent review. Owner of this document may be compensated when you purchase a product by clicking a link in this document. The views and opinions expressed in this document are purely of the author. Any product claim or other representation about a product or service should be verified with the manufacturer, provider or party in question. Any health information in this document is for educational purposes only and is not intended to replace the advice of your health care provider.