

# Seeking Comfort and Symptom Alleviation with Hemorrhoid Treatment

**H**emorrhoids, also known as piles, are characterized by the soreness of the rectal veins brought about by extreme and also continuous pressure. One of the most common cause of this condition is constipation and over-straining, particularly when defecating. Pregnant women are also prone to [hemorrhoids](#) due the weight and impact of the fetus on the lower extremities. Luckily, there are lots of [hemorrhoid treatment](#) available that can alleviate the common symptoms of the condition and provide comfort.



## Topical Creams

One of the most popular hemorrhoid treatments are topical creams made from natural ingredients. Witch hazel, for example, is a superb remedy for bleeding and pain. The plant has a natural house that is tremendously helpful for profusely bleeding [hemorrhoids](#). Furthermore, this type of treatment is greatly effective when applied cold. Before applying the cream, place it in a bucket of cold water or ice for several minutes. There are the witch hazel cream greatly efficient not only alleviating the bleeding indicator but promoting comfort as well if used this way.

## Walking

When you are suffering from the condition, you must remember not to worsen it by staying in sitting in one place for a long period of time. It's essential not to introduce any kind of pressure in the affected area; pressure in the hemorrhoids is the common effect of prolonged sitting. So, avoid this kind of by moving around every hour or so. This is an effective hemorrhoid treatment especially for those whose work compels them to sit for hours on end.

## Avoiding Heavy Objects

Another effective remedy or preventive approach is avoiding heavy objects. When your job necessitates heavy-weight lifting, it will be very beneficial for the body if you take a sick leave for a couple of weeks. Lifting heavy objects while suffering from the situation can only worsen the currently inflamed hemorrhoids. The pressure that lifting heavy things put of the lower extremities can promote prolapsed hemorrhoids that are particularly hard to deal with through home remedies.

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*Tips to prevent hemorrhoids - including tips on diet, toilet* Some people say that prevention is better than cure. That is a wise statement indeed. You may not be aware but many common habits are the main causes of hemorrhoids. This article will pinpoint some bad habits as well as list a few tips to prevent...

## Warm Baths

Sitting on a tub of warm water is also an effective hemorrhoid treatment that has been proven and tested. Also known as Sitz bath, this is done by preparing warm water and sitting on it for Ten minutes or for as long as you want. By doing this several times per day, you can promote the body's healing device and help it get rid of the problem in no time.

## Mark Michael Ferrer

Hemorrhoid Treatment.



“ **Pasquale Saunders**

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