

# Category: Hemorrhoids



Hemorrhoid Causes - Why Do Hemorrhoids Occur?

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## Hemorrhoids

**B**eing afflicted by **hemorrhoids** is no laughing matter. The pain and itching associated with the condition can be embarrassing as well as distracting. There are a number of solutions to help you overcome hemorrhoids and we'll talk about some of your options here.

- Exactly what are hemorrhoids?
- In short, hemorrhoids refers to a condition in which the blood vessels around the lower rectum or anus are inflamed and inflamed.
- Hemorrhoids can be found internally within the anus or externally around the anus.
- The condition is often worsened as sufferers attempt to make a **bowel** movement.
- Other causes include: diarrhea, anal intercourse, having a baby, constipation, and aging.
- Signs of hemorrhoids are observed through blood on toilet tissue, as well as blood found in and around the toilet bowl.
- Alump or painful swelling around the anus can be a physical sign as well as extreme itching in the same location.

There are two strategies you can try to actively reduce or eliminate the condition:

### Apply a Hemorrhoidal Cream or Suppository in Order to the Area Affected.

Warm tub baths, several times a day, in plain water.



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*Where To Find Treatment For Hemorrhoids Online* Some diseases can be very inconvenient for people, most especially for those who have long-term ones. It is one thing to have the disease and have the symptoms; and it s another to suffer through these symptoms over and over. It can be really...

### To Prevent Future Assaults You can Take the Following Steps:

Constipation is a problem for you, increase your fiber intake to bring on smoother bowel movements.

### Cut Back on Caffeine as Coffee and Similar Products May Exacerbate the Problem.

Exercise regularly.



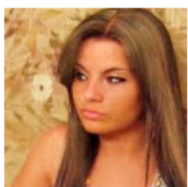
HemorrhoidsBowel

### Severe Cases You May Demand a Physician's Treatment

Your doctor may suggest that affected tissue be burned or the hemorrhoid removed altogether. Other options include rubber band ligation or the injection of a chemical solution to alleviate the condition.

- Some cases of hemorrhoids merely go away on their own.
- In all cases you are able to control and even remove the problem by following the steps outlined for you.

About the author:Matt is The Article Writer who writes on a variety of topics. It is possible to see his / her primary site at <http://www.thearticlewriter.com> for samples of his work.



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