

Category: Hemorrhoids



Keep Active - Prevent Hemorrhoids

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Hemorrhoids

Being 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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What Symptoms To be aware of For Hemorrhoids Probably millions of people suffer from painful hemorrhoids, so don't feel like you're all alone with this. There are different contributors to this condition such as what you eat every day; how much exercise you get in general, as well as perhaps...

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.

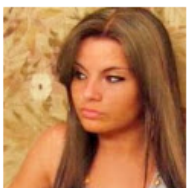
Exercise regularly.

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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Jennifer is a writer at uturine.info, a resource on health tips. Last year, Jennifer worked as a blog curator at a high tech company. When she's not reading web content, Jennifer loves working out and fishing.

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