

# Remedies for Hemorrhoids

**H**emorrhoids are a common problem for many people. Symptoms can include itching or pain in the anal area or bleeding. Symptoms of exterior hemorrhoids are itching or pain in the anal area. Straining during a bowel movement can cause the hemorrhoids to be able to bleed. Internal hemorrhoids seldom cause pain or perhaps itching but they may bleed. Rectal bleeding may be a symptom of some thing more serious so don't assume that hemorrhoids are usually the cause.

- There are a number of remedies available to treat internal hemorrhoids.
- They range from home cures, herbal supplements and over the counter medicines, to be able to non-surgical and surgical procedures.
- A lot of the treatments are meant to reduce the pain and discomfort of the hemorrhoids.
- The procedures performed by a health care provider are designed to shrink or remove the hemorrhoids.

Sometimes people try different solutions for his or her hemorrhoids at home before seeing their doctor. Some of the first remedies that many people try are adding more fiber to their diet and drinking a lot more water to increase the frequency and softness of bowel movements. Increased physical activity and particular exercises can often be helpful. Additionally, there are herbal supplements, stool softeners, creams and products that are available without a prescription may ease bowel movements and discomfort.

## When Home Remedies are Ineffective, It May be Time to Check With Your Doctor

He or she may try non-surgical procedures to shrink the hemorrhoids. These include placing a small rubber band around the base of the hemorrhoid or injecting it with a solution to cut off the blood supply. Other methods cut off the blood supply to the hemorrhoid with infrared light or a laser. All of these methods will eventually shrink the hemorrhoid. If none of these methods work, surgery may be necessary to take away the hemorrhoids.

One of the newer non-surgical procedures runs on the very low direct current that is gently put on the particular hemorrhoid, focusing on the blood vessel leading to the hemorrhoid. When blood flow to the hemorrhoid is interrupted, the hemorrhoid begins to shrink. It will continue to shrink for 7-10 days after treatment. The procedure just takes about 10 minutes to perform as well as requires no what about anesthesia ? or special preparations. Patients are able to return to their normal activities right after treatment.

Ethan Jones lives in North Carolina and writes articles on many health topics. If you are considering hemorrhoid surgery or hemorrhoid removal, visit <http://hdtreatmentcenter.com>.



“ **Jennifer T. Rader**

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