

What are Hemorrhoids and How to get rid of Them

Millions of people around the world are affected by **hemorrhoids**. Not only are senior citizens affected, but young people, adults and pregnant ladies are afflicted by this painful malady also. Since **hemorrhoids** symptoms can hide other health problems, it is important to understand what the symptoms are and what treatments are available to get rid of hemorrhoids.

Even though they are often only temporary when correct treatment is rendered, hemorrhoids can really create a dilemma. Even if you have these only 2 days of the month, you will be troubled in that short period of time, especially if you do not find a treatment that works for you.



You can Usually Expect Some Discomfort When You Have Hemorrhoids

This particular worsens during defecation. The anal veins will become swollen because of pressure and unnecessary straining. The surrounding tissue sometimes enlarges and projects, and hangs like a sac.

- There are 2 kinds of hemorrhoids, the external and internal.
- Both of them have rather similar symptoms and can be interchanged especially if you do not know what their differences are.
- **Internal hemorrhoids** are, as the name says, those that exist internally.
- In the most severe cases a condition called prolapsed hemorrhoids can occur, which is when these problematic veins protrude outside the anus.
- Hemorrhoids symptoms for the internal type range from agony and also blood loss.

External hemorrhoids are those that are located outside the anus.

- Is easier to diagnose external hemorrhoids because they are easier to feel and more obvious.
- If the area is handled, a bulge can be felt.
- You leave hemorrhoids neglected there is a big chance that they will burst as well as the resulting blood with toughen and clot.
- This could end up in a thrombus or embolus, which are thrombus that can result in blockage in the thin vessels.
- Also, a ruptured hemorrhoid can end up in bleeding which can be perilous.

Is best to avoid virtually any from ever developing by eating foods that are fiber rich like fruits, cereals and veg, consuming a large amount of water and having correct exercise. It is very important that you never delay any going number 2 because this can cause problems. Also, it's a necessity to avoid forcing during a **bowel** movement. During defecation, a squatting position is advisable.



“ **Jennifer T. Rader**

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