

Causes and Treatment of Hemroids or Hemorrhoids

Hemroids are embarrassing, painful and a terrible daily condition to have to deal with.

Do you know that *hemorrhoids* can be a life-threatening disease? If not treated in early stages then it can be really painful and need to be operated. Hemroids can occur in different types like internal, external, blood loss hemroids and others.



What Leads to Hemroids?

The main causes of hemorrhoids can be divided into two groups, namely that those are associated with the lifestyle and that are based on our own eating habits. Usually the common causes of hemroids include aging, harmful diet plan, pregnancy and also child birth, heavy lifting, heredity, severe coughing, forcing in the course of **bowel** movements.

- Another reason of event of hemorrhoids is the way of moving the stool.
- Wrong habit of passing the stool like
- Not providing adequate time to pass stool - In this way the large intestine gets broken while passing the fecal waste.
- This results in rupturing of veins and is therefore harmful to the tissues which can lead to hemorrhoids.

Lack of liquid intake - In the daily diet lack in sufficient water makes your stool dried up as well as hard which is the most prominent cause of hemroid.

Sudden Lifting of Heavy Weights

Hemorrhoids can also cause as a result of pulling weighty weights that put extra pressure on veins and tissues. But this is not found among those who use heavy weights in routine rather. It affects greater level to be able to those who find themselves overweight or overweight.

Heart and Liver diseases- When the blood is pooled in and around the pelvic system, the increasing the size of of the veins may lead to Hemroids.

Easy Treatment Options of Hemroid

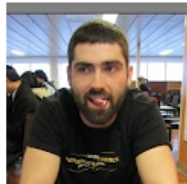
Complete knowledge of Hemorrhoids and it is correct safeguards can help in the prevention of hemorrhoids. Nevertheless, if it occurs, then there are some easy and successful treatments of hemroids:

- Is significant to include additional fiber in your diet and to drink plenty of water each day.
- This will prevent constipation which causes damage to your bowel muscles and make hemroids worse.
- There are usually foods that tend to worsen hemroid signs.
- The most common are nuts, coffee, alcohol and hot food.
- If you notice another type of food making your hemorrhoids worse, abstain it for a few days and see if there is any positive impact.

Use ice on the region for 10 minutes, follow with a warm, moist towel for 20 minutes to provide relief.

Other hemroids treatmeant involves rubber band ligation, sclerotherapy, infrared coagulation and surgical functioning.

- Is actually highly recommended that DO NOT IGNORE HEMROIDS In the early STAGES!
- One should ask the doctor and get treatment as soon as possible.



“ **Hilton Marsh**

Hilton is a marketer at weddeldirect.com, a web site about health, lifestyle and fitness. Last year, Hilton worked as a consultant for a health company. When he's not researching content, Hilton enjoys backpacking and rock climbing.

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