

Hemorrhoid Facts And Treatments

The medical world a **hemorrhoid** is described as an enlarged or swollen vein. **Hemorrhoids** are somewhat similar to varicose veins that develop in the legs, except that hemorrhoids tend to be veins based in the rectum. These types of veins support and protect the anal canal. Soreness and problems occur when these kinds of problematic veins are expanded and tear under pressure.

Hemorrhoids are a very common medical problem seen in both men and women, usually over the age of 30, with many suffering from hemorrhoids between the ages of 45 and 65 years old. It is estimated that more than a half million people seek treatment for symptomatic hemorrhoids each year in the United States. Of this half million hemorrhoid experiences, 10 to 20 percent will need surgical treatment.

Most medical professionals blame the formation of hemorrhoids on prolonged sitting on the toilet and persistent straining as a result of constipation. Hemorrhoids are also very common during pregnancy, due to the strain from carrying the excess weight of the baby.

You may have problems with internal or **external hemorrhoids**. Generally internal hemorrhoids, which are located higher up in the anal sphincter are not painful, but you will see bleeding. Hemorrhoids will bleed vibrant red blood due to their abundance of arterial blood, which is different from the dark bloodstream in your venous system. At times a hemorrhoid will protrude from the anal canal. Usually these hemorrhoids, which are classified as prolapsed, can be gently pressed back inside. If not, a consultation with a specialist is important.



“ *External hemorrhoids are the ones that are itchy and painful and really not comfortable. If you go through external hemorrhoids you will see bright red blood on the toilet paper, or even in the toilet bowl after a **bowel** movement.* ”

There are Ways to Ease the Discomfort of Hemorrhoids

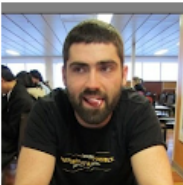
A sitz bath may help to relieve the discomfort of hemorrhoids. It is suggested that you sit in a tub of warm water for fifteen minutes several times a day. When you wipe, instead of toilet paper utilize pads soaked with witch hazel. You can purchase these pads from any drug store. Putting on any of the numerous over-the-counter hemorrhoid preparations will help to relieve the discomfort and itching.

Prolonged Periods of Possibly Standing, or Sitting can Aggravate Hemorrhoids

Straining when you have a bowel movement is one of the chief causes of them, and will surely make them worse and much more unpleasant. Don't do it. The cause of bowel problems may be not enough fiber in your diet. Take a fiber supplement.

Any Rectal Bleeding of Any Kind Should be Checked by Your Physician.

About the author: This article courtesy of <http://www.hemorrhoid-answers.com>.



“ **Hilton Marsh** ”

Hilton is a marketer at weddedirect.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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