

Hemorrhoids 101: Hemorrhoid Treatment, Causes, and Prevention

Pregnant women, the elderly and even adults are prone to **hemorrhoids**. This is a painful condition marked by swollen rectal veins. The inflammation is commonly caused by tremendous pressure on the veins. There are two basic types of hemorrhoids: external and internal. Each has its own **hemorrhoid treatment** but both can be caused by the same factors as well as avoided through similar indicates.



Treatment for Hemorrhoids

External hemorrhoids tend to be easily treated at home. Although these can be as painful as internal hemorrhoids, the hemorrhoid treatment approach is fairly easy and doable even though one chooses not to leave your home. Normally, the situation will go away on its own after a couple of weeks. Patients, however, can hasten the healing process by carrying out several remedies.

- Natural topical hemorrhoid treatment, like the witch hazel cream, is popular among patients.
- This herb has the ability to stop bleeding, alleviate pain and eventually eliminate the condition altogether.

For inside hemorrhoids, on the other hand, patients are advised to go through a number of painless techniques. One of these is super freezing, which involves the introduction of liquid nitrogen in the affected area to be able to freeze the swollen veins and eventually cause it to fall off. Hemorrhoidolysis is another effective **internal hemorrhoids** cure, which makes use of electrotherapy. Inside Hemorrhoidolysis, a chemical reaction in the mucous membrane surrounding the afflicted vein is introduced through the use of a specialized probe.

Common Causes

Hemorrhoids are common in both men and women. In the case of expecting mothers, the hemorrhoids are caused by the pressure on the stomach brought on by the fetus. Other causes for pregnant women consist of hormonal changes. Constipation can also cause hemorrhoids. By continuously forcing, the pressure on the anal wall increases, which in turn causes vessels to be able to enlarge, thus producing hemorrhoids.

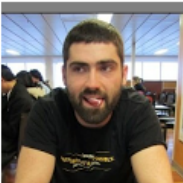
Preventive Measures

Fortunately, hemorrhoids can be prevented through several means. Because one of the major causes of the situation is constipation and severe straining, patients can greatly avoid these by eating right. Fiber-rich foods promote healthy digestion, which is useful in preventing constipation. Aside from the food, drinking a lot of fluids and avoiding caffeine and alcohol can greatly reduce the chances of suffering from hemorrhoids.

Regular exercise especially walking along with other cardio exercises can also help prevent hemorrhoids. Furthermore, while not exactly a hemorrhoid treatment, avoiding heavy-weight lifting can prevent the situation. The pressure lifting heavy objects put on the lower extremities can cause hemorrhoids; so it will be better to prevent that, especially for patients who are suffering from the situation.

Mark Michael Ferrer

Hemorrhoid Treatment.



“ **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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