

# Internal Hemorrhoids Symptoms - How it Differs From External Hemorrhoids

**H**emorrhoids though not very dangerous to human life have triggered a problem to be able to modern people mostly living in developed cities and towns. It has been a rampant urban disorder mostly caused by undisciplined life style, stress caused by work leading to higher blood pressures than normal, unhygienic conditions and many more. The anus and the rectum get swollen and inflamed followed by redness, itching as well as pain.

There are two types of annoying hemorrhoids; internal, where a large or lumps form inside the particular anus, as well as external; where the protruding veins appears on the outside of your rectum. Nevertheless, with your inner hemorrhoid situation, the lump in the rectum could be caused by pregnancy, or after giving birth to a baby.

The symptoms of internal hemorrhoids are anal itchiness, pain or throbbing ache in the sensitive area, bright red blood showing up on the toilet paper and pain when creating a bowel movement.

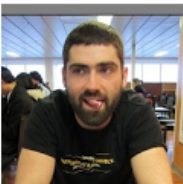
## Other Symptoms

Rectal bleeding. Like external hemorrhoids, bright red spots of bloodstream may appear on toilet paper after a bowel movement. Unlike, external hemorrhoids, blood spots may appear on toilet paper if one wipes the anus before a bowel movement and in addition, blood may appear on individual pieces of stool. Because the bleeding happens internally, small amounts of blood may leak from the anus even in the absence of a bowel movement and there is the possibility that the stool will get small quantities of blood on its way out of the large intestine.

*“ One thing some people trying to find an internal hemorrhoid treatment might be tempted to do is use laxatives but they are generally not suggested by many doctors, or they are suggested in moderation. Having loose stool can worsen your problem by irritating the hemorrhoid tissues in your body and create problems you will not want to deal with later on.*

Difficulty or obstruction in passing stools and chance blood stains with stools is considered to be primary characteristic of internal hemorrhoid. At the same time it is not necessary that every chance of stool blood must be cause of hemorrhoid. It may be indication of any other disease. Your doctor will determine exact cause of blood vessels stool after medical investigations. In certain cases you can notice hemorrhoids enlarged to an extent that piles hangs out from anus. This kind of situation is termed as prolapsed hemorrhoid. You may mis-take prolapsed internal hemorrhoid as external hemorrhoid due to its appearance on outer side of the rectal region.

You are suffering from internal hemorrhoids you may be wondering what treatment options you have. Due to the fact that hemorrhoids can be caused by strain many doctors suggest increasing your dietary fiber intake plus your water intake as part of a treatment for internal hemorrhoids. This can help to soften stool and reduce the strain required. It is often suggested not to use laxatives or to use them moderately. Shed bar stools can also irritate the delicate hemorrhoidal tissues and cause more problems rather than dealing with the internal hemorrhoids.



### *“* 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.*

**Disclaimer:** Content in this document is an advertisement, therefore it may be biased and should not be considered an objective or independent review. Owner of this document may be compensated when you purchase a product by clicking a link in this document. The views and opinions expressed in this document are purely of the author. Any product claim or other representation about a product or service should be verified with the manufacturer, provider or party in question. Any health information in this document is for educational purposes only and is not intended to replace the advice of your health care provider.

