

# Things You need to know About Hemorrhoids

**R**educing the pain associated with **hemorrhoids** often comes down to positioning. During a **bowel** movement, certain positions can put more strain on the region and cause a great deal of pain. Experiment with different positions, and also find the one that works the best for you to reduce pain and make movements a lot more comfortable.

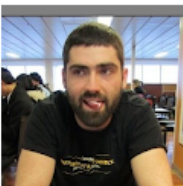
- You should drink eight eight-ounce glasses of water each day to help you to avoid **hemorrhoids**.
- Also, water is needed to soften your stool which will also reduce the pain associated with hemorrhoids.
- Limiting alcohol and caffeine intake can also work in your favor, as they both promote loss of water from your system.
- Remain hydrated, drink enough water.
- During the course of the day, you will want to drink at least eight glasses of water.
- Water will help to improve the blood circulation in your body as well as reducing the irritation that you may feel.
- This is very important to help control the painful symptoms of hemorrhoids.
- You have a hemorrhoid problem, you may want to consider applying petroleum jelly for a rectum before trying to make a bowel movement.
- This can help smoothen the passage of hard stools and will help to avoid damaging the hemorrhoids that you already have and avoid getting much more.



*“ When you go see your doctor, make sure you take with you a list, detailing your diet plan, as well as your typical bowel designs. Your doctor may be able to suggest changes to your diet that will help reduce the severity of your own hemorrhoids, such as, incorporating more fiber.*

- The best way to avoid the pain of hemorrhoids is to keep the anus and the area encircling the anus meticulously clean.
- This will help keep the hemorrhoids from becoming infected and ease any pain.
- If the hemorrhoids have a bacterial infection, this can lead to an abscess in the area which is very harmful and painful.

Even in the event that you are not particularly comfortable asking a friend or family member for help, you can certainly increase your knowledge of and familiarity with the basics of hemorrhoids simply by remembering the helpful information that you have just received. Use it whenever you or someone you know is battling 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.*

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