

What are Hemorrhoids?

When someone has a hemorrhoid problem, they are going to be very uncomfortable and will have to do something in order to take care of this annoyance. Having hemorrhoids means that a person has a condition in which the veins around the anus or lower rectum are swollen and inflamed. This may result in the straining to move bowels. The most common people to get hemorrhoids are pregnant women, people that are aging, chronic constipation or diarrhea and anal intercourse.

Hemorrhoids are either inside the anus or under the skin around the anus. This means that they are usually internal or external. There are creams and medications for the external problems; however, the internal hemorrhoids may result in surgery or other procedures to remove them.

Many of these hemorrhoid problems will mean that any person with them will have pain or itching in that area. Hemorrhoids are usually not dangerous or life threatening. In most cases, the symptoms will go away in a few days. Although many people with them will not experience any symptoms at all. The most common symptom of internal hemorrhoids is bright red blood covering the stool, on toilet paper, or in the toilet itself.

An internal hemorrhoid may protrude through the anus outside the body and this is what will become painful. This is called non other than a protruding hemorrhoid. Symptoms of the external hemorrhoids may be painful as well. This will also include swelling or a hard surface around the anus that results when a blot clot forms.

It is normal to have a hemorrhoid problem. They are very common in both men and women. So many pregnant women have to deal with the pain of hemorrhoids along with everything else that they have to go through while pregnant. Others will have hemorrhoids by the age of fifty.

There are many treatments of hemorrhoids and the symptoms that they cause. Sitting in a warm bath a few times a day will help to relive pain. There are also a lot of creams available both over the counter and by prescription that can help to heal and ease the pain of the hemorrhoids.

In extreme cases, it may be determined by a doctor that a person must have surgery to remove the hemorrhoids. This is to help those that have severe bleeding or anemia and cannot take the loss of blood. This will eliminate the problems of the hemorrhoids so that the person can live a happier and healthier lifestyle.

To prevent hemorrhoids, many people with constipation should relive the pressure of straining. You should have lots of fiber and fruits in your diet and drink plenty of water. This will help to soften the stool and will not cause so much strain. A stool softener may also be necessary to fix this type of problem.

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