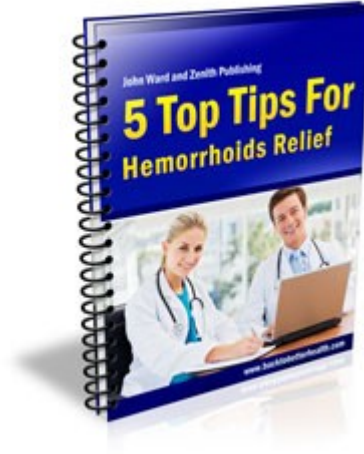


5 Top Tips for Hemorrhoid Relief



“5 Top Tips for Hemorrhoid Relief!”

By **John Ward**

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Hemorrhoids is one of the most difficult skin problems that people have to deal with, especially since it is being ridiculed and used as a means to make fun of other people in mainstream media like movies and TV shows.

Many may not be aware of it, but having hemorrhoids can be very difficult and frustrating mainly because it affects one of the most sensitive and hidden parts of the human body.

But all is not lost for those who are infected and suffering since there have been discoveries and breakthroughs in technology that discovered home treatments for hemorrhoids.

Anybody with the right materials and instructions [can treat their hemorrhoids](#) well in a matter of days, so before going into the 5 top tips to hemorrhoid relief, basic information and understanding is essential.

5 Top Tips for Hemorrhoid Relief

Hemorrhoid is the term that refers to the infection and inflammation of the veins found around the anus. To put it into detail, the veins around the lower rectum or the interior of the anus are usually inflamed or swollen, which could be because of too much strain in moving stool or chronic constipation.

Once this happens, the person will then experience all kinds of symptoms that are usually around the rectal area such as blood covering the stool, irritation, pain, and of course the obvious development of a lump called the protruding hemorrhoid. Here's a complete list of symptoms:

- Painless bleeding during bowel movement
- Itching and irritation in the anal area
- A lump near the anus; can be sensitive or painful
- Discomfort and pain around the anal area
- Swelling
- At times, feces may leak even if you didn't want it to happen.

There are two kinds of hemorrhoids: the internal and external hemorrhoid. Internal hemorrhoids normally are found inside the rectum and usually do not have any symptoms, which means the patient does not know and is unaware that he or she has hemorrhoids.

But straining during bowel movement may cause bleeding and can cause the hemorrhoid to protrude from the anus.

The external hemorrhoid is usually found under the skin around the anus and can become very itchy and will bleed from time to time. There have been cases where the blood may accumulate and form a thrombus or clot, which can be very painful as it has the tendency to swell and inflame.

Now, the thing about this condition is that it's *not* as life threatening as most people assume it to be. It can be treated at home with careful medication and can be cured in a matter of weeks.

5 Top Tips for Hemorrhoid Relief

Another interesting fact about hemorrhoids is that almost 40% of adults located in Europe and North America experience hemorrhoids at least once or twice in their lifetime, especially those reaching 40-50 years of age.

They are common in *both* men and women, the latter experiencing it the most during pregnancy due to certain factors such as the pressure of the fetus in the abdomen, hormonal changes, and the like. It can be very painful, especially during actual childbirth, but normally this type of problem is temporary.

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So how exactly will a person be diagnosed once he or she feels the symptoms of hemorrhoids? Usually he or she goes through a thorough and precise evaluation by the doctor, especially when the person is already experiencing frequent bleeding during bowel movement. The doctor basically examines the anus and rectum for bleeding and would perform certain procedures in order to feel and recognize any such abnormalities inside the rectum. There are four classifications of hemorrhoids:

- First degree hemorrhoids – bleeding but does not protrude out of the anus during bowel movement
- Second degree hemorrhoids – protrudes during the passing of stool but withdraws back immediately.
- Third degree hemorrhoids – protrudes and have to be placed back manually
- Fourth degree hemorrhoids – cannot be placed back into the anal canal anymore because it has already *thrombosed* or accumulated.

5 Top Tips for Hemorrhoid Relief

Since hemorrhoids are common and can be treated at home, here are five of the best tips on how to relieve one's self of such a painful condition at home:

1. Try sitting soaking the anus or rectal area in a warm bath at least 3 to 4 times a day. Since the veins are experiencing amounts of pressure and inflammation, this will be able to calm the nerves down significantly. You can also try soaking the infected areas in a large bowl of warm water.
2. Instead of using the normal tissue paper when wiping the stool, you can use baby wipes or moist paper towel to clean the anus after every bowel movement you make everyday. This will help lower down the swelling and would even cure the hemorrhoid if it hasn't become too severe yet.
3. If in case the hemorrhoids begin to swell and hurt, you can place ice packs to cool down and relieve the painful swelling.
4. In order to prevent the condition from happening again or becoming worse, the best move would be to improve your diet in order to avoid constipation in the future. You can do this by drinking lots of water or fruit juices everyday as well as eating more glow foods every meal. The new/improved diet should also have more fiber content such as cereals and wheat to help in promoting regular bowel movement.
5. Daily exercises like jogging, cycling, and swimming also contribute to regular bowel movement as well as positive weight control and sleeping a lot better at night. You can do this every other day for the first few days and then move it to a daily routine once your body becomes used to the rigorous activities.

Of course, there is a possibility that the condition could worsen and would require immediate health care from medical professionals.

5 Top Tips for Hemorrhoid Relief

This would mean having to get down to serious and riskier measures, particularly surgery, in order to be able to shrink or ultimately destroy the hemorrhoid to avoid further damage, risks, and pain for the patient.

It would require going down to the hospital to see a doctor, consulting about what type of surgery would be best, and of course, spending a lot of money on the final operation.

But before reaching to that point, it is always best to talk it out with your doctor and gathering enough information on the [best solutions for hemorrhoid relief](#) in order to weigh things out and come to a decision in which you will be able to cure your condition and at the same time save a lot of money.

A commonality in most of these surgical treatments is that they are done to prevent blood flow from entering the hemorrhoid. Once the blood flow is prevented, the hemorrhoid eventually shrivels and is eliminated completely.

Depending on how much one is willing to spend and how much pain he or she can endure throughout the healing and recovery process, any of these treatments can be a good option. Here are some of the most common surgical treatments for hemorrhoids:

- **Rubber band ligation** – this type of surgical treatment involves placing a rubber band around the base of the hemorrhoid in order to prevent the flow of blood from going into the hemorrhoid. This is done in order to shrink it and eventually relieve it completely.
- **Hemorrhoidectomy** – this is the surgical removal of the hemorrhoid, which is usually done especially when the internal or external hemorrhoids are too large and painful already.
- **Laser coagulation** – this surgical treatment involves applying electrical currents to the hemorrhoid in order to cause a chemical reaction that will prevent blood flow and slowly shrink it till it is cured completely.

5 Top Tips for Hemorrhoid Relief

- **Infrared photocoagulation** – this involves using infrared light in order to thicken or coagulate the inflamed vein just so that the blood doesn't flow and reach the hemorrhoid.
- **Laser treatment** – though it is one of the most expensive surgical treatments for hemorrhoids, laser treatment is known to be very quick, precise, and of course less painful. There's very little bleeding involved with laser treatment, healing can be very quick and recover less painful than one might expect. Here, tiny laser beams are used to vaporize all kinds of hemorrhoids.

Depending on how much one is willing to spend for his or her treatment, hemorrhoids can either be cured as well as prevented through home treatments or surgeries of different procedure.

You may have the information you need to get rid of these painful lumps, but the choice on whether you should spend less or more on treatment may take a while to decide on. This may be the time to consult your doctor for advice and suggestions since they know best what to do based on the condition and severity of your hemorrhoid/s.

But despite the advantages and disadvantages of such treatments, the best way to keep yourself from suffering from hemorrhoids is to *prevent* them from occurring again. You can do this by making sure that bowel movement is a lot softer and easier for you.

By maintaining a good diet, drinking a lot of liquids, and of course keeping yourself in tip top shape will you be able to promote good and regular bowel movement, positive weight control, and boosting one's immune system all at the same time.

5 Top Tips for Hemorrhoid Relief

I do hope that this report has been of use to you

John Ward

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