

How to treat External Hemorrhoids

The worlds over millions of people are known to suffer form **hemorrhoids** or **piles**. Fortunately though, there are many treatment methods too that are available for treating the condition. **External hemorrhoids** are typically found around the opening of the anus and could be painful. They also make health difficult. There's also cases in which a clot develops inside the **hemorrhoid** tissue, which is often the case after a period of constipation or diarrhea. Thanks to advances in powerful weight loss products, there are numerous methods available to treat external hemorrhoids.



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Doctors often recommend making certain changes to your diet and lifestyle, together with medication in order to treat external hemorrhoids. You should first of all try and prevent constipation from occurring for instance. You can do this by including lots of fiber content in the meat. You can find fiber in large quantities in fruits and vegetables and which includes them in your diet is a sure shot way to avoid such problems in the first instance. In fact dietary changes are the first step to treat external hemorrhoids. Doctors would also give you a list of food items that you should not be taking as well, as part of the treatment procedure.

- Soaking in a shallow bath tub is often recommended for those suffering from external hemorrhoids.
- Plain warm water is suitable for such a treatment procedure.
- You can get such bath tubs in medical supply stores or even at most of the local pharmacies.
- The moderate warmth of the water will help in lowering swelling and also also provide relief from pain that is associated with piles.
- Applying an icepack on the affected area is also recommended by many physicians.
- Always make it a point to consult your physician before you use any method to treat external hemorrhoids.
- You can also find many over the counter creams and lotions today which are used to treat external hemorrhoids.
- The ingredients in such creams are known to provide instant relief from swelling and pain that is associated with this condition.
- A lot of them contain hydrocortisone or lidocaine because the main ingredient.
- Cleaning the affected area with witch hazel is also recommended for those that are suffering from this condition.
- Certain rare cases, based on the severity of the problem, doctors may also recommend surgery.
- Moderate exercise is another aspect which is definitely recommended together with dietary changes for those suffering from piles.
- You should also make it a point to be able to drink plenty of water.
- A combination of all these aspects is employed to treat this condition.

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How to Get rid of hemorrhoids - Learn to Cure Hemorrhoids Within 3 Days The lifestyle of the modern man has changed a great sort. Most of us are seen sitting in the office before the computer for hours together. This is the vital reason to invite hemorrhoids or piles. The biological condition of hemorrhoids is actually...



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- Cheat Your Way Thin is a revolutionary new weight loss book by bestselling author and a nutritionist Joel Marion.
- This unique weight loss program will be claims to trick your body into burning more calories and therefore losing weight.

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