

# Learn How to deal with Your Hemorrhoids

**H**emorrhoids are inflamed tissue or blood vessels around the anus or at the lower anus. It is a very uncomfortable condition that affects millions of people. This condition can cause pain and also rectal bleeding during bowel movement. It is important to know how to deal with your hemorrhoids to prevent it from becoming a chronic problem.

- Factors affecting the occurrence of hemorrhoids are being pregnant, chronic constipation and diarrhea, anal intercourse and also old age.
- Knowing what to do will help you reduce or eliminate the discomfort brought by hemorrhoids problem.
- Here some tips on how to deal with your own hemorrhoids:



## Over the Counter Medications

There are over the counter hemorrhoids lotion and suppository that is able to reduce the pain and swelling. Just be sure to follow the instruction on how to use the medicines. Increase fiber in your diet. Another way to deal with the hemorrhoids is to increase fiber in your diet.

- Fiber will make your stool softer and also makes bowel movement easier.
- A softer stool will prevent too much pressure or straining during bowel movement.
- Good sources of fiber are whole grains, fruits and vegetables.
- In some cases, fiber supplement maybe recommended.
- Drink plenty of water.
- Drinking 6-8 glasses of water every day promotes easier bowel movement.
- Drinking plenty of water is not only good for your hemorrhoids but it is also good for your overall health.
- Warm water.
- Sitting in warm water for 10 mins is another way to deal with your hemorrhoids.
- It softens stool and prevent straining during bowel movement.
- You can also use sitz baths that can be very helpful to be able to make you feel better.



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*Hemorrhoids Remedies - Hem Relief - Hemroid Home Treatment Hemorrhoids RemediesIf you have hemorrhoids you know how uncomfortable they can be. It takes the right treatment in order to get rid of hemorrhoids for good. This informative article pulls lower the curtain to reveal what it will take to get rid...*

## Medical Procedures

Hemorrhoids may also be handled using medical procedures to reduce the size of hemorrhoids. Some of the common surgical procedures are usually hemorrhoidectomy, rubber band ligation, infrared coagulation and sclerotherapy. Natural treatment.

- Some people have tried every thing but failed to get rid of their chronic hemorrhoid difficulty.
- In cases like this, another option is natural remedies.
- Normal treatment has been around for ages because they are proven effective for some medical issues.
- To deal with your hemorrhoids using natural treatment check out Cure Hemorrhoids For Good

To know much more about health natural remedies visit [Excellent Discovery-Health and Beauty](#)

Gerry Restrivera writes informative posts on various subjects including Learn How to deal with The Hemorrhoids. You are allowed to be able to publish this article in its entirety provided that writer's name, bio and website links must remain intact and included with each reproduction.

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