

## Pregnancy: A major Risk Factor for Hemorrhoids

**P**regnancy is major risk factor that can cause [hemorrhoids](#) in women. If you are pregnant, then it is highly possible for you to have hemorrhoids during the course of your pregnancy, especially during your third trimester.

- Pregnancy increases your risk of having hemorrhoids because the pressure in your pelvic area increases as your baby develops.
- The improving size of your child puts pressure on the bodily organs and the blood vessels that pass through in your pelvic area.
- This increase pressure hinders circulation to the lower part of the body, decreasing the blood flow in this area.
- Affected blood vessels expand or become swollen to be able to compensate for the decreased blood flow, causing hemorrhoids.



“ Another way that having a baby increases your risk of hemorrhoids is through the increased level of progesterone that occurs when you are with child. Progesterone slows down the smooth muscles movement of your stomach and intestines, significantly slowing the digestion. It is because progesterone inhibits the movement of the muscle tissue found in your own digestive organs, increasing the time ingested food stays in your intestinal tract. Furthermore, progesterone also has an effect on the smooth muscle cells that produce gastric acid and essential digestive enzymes such as pepsin, further slowing down your digestion.

- As a result, the food you eat stays longer in your digestive tract, slowing down your [bowel](#) movement.
- Slower bowel movement may end result into constipation, stiffing your stool.
- Harder stools make it harder for you to defecate, making you strain during defecation.
- This continual pushing, with the increased pressure on the blood vessels in your anal and recta area, increases your risk of having hemorrhoids.
- Hemorrhoids can also occur when you finally deliver your child.
- There are conditions when you need to be able to strain when giving birth, that may lead to the development of your hemorrhoids.
- When this takes place, management of hemorrhoids becomes part of your postpartum care.

### Hemorrhoids Relief for With Child Women

You do not have to worry if you are currently pregnant and have hemorrhoids. Your hemorrhoids will eventually resolve on their own, especially when you deliver your child. However, you may feel pain whenever you defecate or feel irritated and discomfort, especially if the swollen hemorrhoids are near your anal sphincter. Thankfully, here are a few easy to understand home cure for hemorrhoids that you can follow to get relief from your hemorrhoids.

First, realize that it is likely that you become constipated during the course of your pregnancy, so you ought to take necessary steps to soften your stool. Try eating foods that are rich in fiber. Increase your intake of dark green, leafy vegetables, fruits and whole grain food products. Drink lots of water and make sure you are drinking at least eight glasses of water each day. Making these changes help softening your own stools, helping you avoid straining during defecation, decreasing your pain and discomfort when you defecate.

Your hemorrhoids are in close proximity to your anus, placing an icepack more than them several times a day may help lower the discomfort you're feeling. Make sure that the ice pack you use is adequately insured to prevent irritating your kin near the anus.

### Sitz Baths can Also Help You With Your Discomfort

Sit in a tube filled with warm water for a few minutes each day to help relive the swelling of your hemorrhoids. If you do not have a bathtub, squatting over a basin filled with warm water produces a similar effect. Notice that there are cold and warm treatments you can use for your hemorrhoids. Try to alternate warm and cold treatments until you find an effective treatment for you.

### You Should Avoid Sitting or Standing for Prolonged Periods

Because you are pregnant, it is likely that your gynecologist has already instructed you to take this kind of safety measure because doing so greatly improves the circulation of your lower limbs. Remember that prolonged sitting or standing increases the pressure on your hemorrhoids, increasing your discomfort. Take frequent, short periods of rest and change your position frequently. If you spend most of your time sitting down, try standing up and walking around every hour.



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### Observing Proper Hygiene Also Helps in Decreasing the Irritation and Discomfort You Feel

Gently clean the affected area after you pass your stools. Using water and also tissue paper is advised and avoid using scented tissue paper, wipes or comparable products because they could have substances that can further irritate or cause swelling to your hemorrhoids.

### When to See a Doctor about Your Hemorrhoids

Hemorrhoids are generally not severe and may be managed effectively at home using the previously discussed methods. However, if these methods do not help improve your condition then you should go ahead and make an appointment with your gynecologists. Also, when the pain you feel becomes more severe, or if your bleeding worsen when you defecate, then should seek medical attention immediately.

### James Timoteo is a Writer Who Specializes in Health Care, Home Remedies and Sports

You can check out his latest website at home cure with regard to hemorrhoids, where this individual provides helpful articles on how to control hemorrhoids at home and Hemorrhoid cure information that can give you a lot more choices on how to manage your hemorrhoids.

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