

# Remedies for Hemorrhoids

**H**emorrhoids are a common problem for many people. Symptoms can include itching or pain in the anal area or bleeding. Symptoms of exterior hemorrhoids are itching or pain in the anal area. Straining during a bowel movement can cause the hemorrhoids to be able to bleed. Internal hemorrhoids seldom cause pain or even itching but they may bleed. Rectal bleeding may be a symptom of some thing more serious so don't assume that hemorrhoids tend to be the cause.

- There are a number of remedies available to treat internal hemorrhoids.
- They range from home cures, herbal supplements and also over the counter medicines, to be able to non-surgical and surgical procedures.
- The majority of the treatments are designed to reduce the pain and discomfort of the hemorrhoids.
- The particular procedures performed by a health care provider are designed to shrink or remove the hemorrhoids.



Sometimes people try different solutions for his or her hemorrhoids at home before experiencing their doctor. Some of the first remedies that many individuals try are adding more fiber to their diet and drinking a lot more water to increase the frequency and softness of bowel movements. Increased physical activity and particular exercises can often be helpful. In addition, there are herbal supplements, stool softeners, creams and products that are available without a prescription may ease bowel movements and discomfort.

## When Natural Home Remedies are Not Effective, It May be Time to Consult With Your Doctor

He or she may try non-surgical procedures to shrink the hemorrhoids. These include placing small rubber band around the base of the hemorrhoid or injecting it with a solution to cut off the blood supply. Other methods cut off the blood supply to the hemorrhoid with infrared light or a laser. All of these methods may ultimately shrink the hemorrhoid. If none of these methods work, surgery may be necessary to remove the hemorrhoids.

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*Is There an effective treatment For Hemorrhoids Out There? Hemorrhoids are a problem that is far more prevalent than many people realize, and lots of people with signs of hemorrhoids may not even know that they have them. It's a sad truth that solid, factual information about the issue can be difficult to...*

“ *One of the newer non-surgical procedures runs on the very low direct current that is gently applied to the particular hemorrhoid, focusing on the blood vessel leading to the hemorrhoid. When blood flow to the hemorrhoid is interrupted, the hemorrhoid begins to shrink. It will continue to shrink for 7-10 days after treatment. The task simply takes about 10 minutes to perform and requires no what about anesthesia ? or special preparations. Patients are able to return to their normal activities right after treatment.*

Ethan Jones lives in North Carolina and writes articles on many health topics. If you are considering hemorrhoid surgery or hemorrhoid removal, visit <http://hdtreatmentcenter.com>.

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