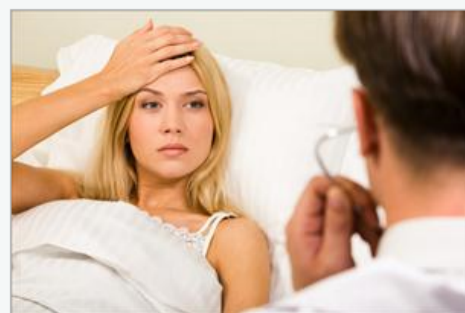


# Had Enough of Hemorrhoids? These Tips and Treatments May Offer You Some Relief

**H**emorrhoids, or **piles** as they are commonly called, are a real pain as well as can lead surgical treatment in extreme cases. The good news is most cases can be dealt with through simple changes to your diet and exercise regimen. Piles are actually vascular cells in the anus accountable for stool control and only become a problem when they are inflamed.



## Types of Hemorrhoids

There are two basic types of piles, internal and external. The difference between the two types is directly related to their location, as you can imagine. Those that occur over the dentate line are considered internal while those that are below it are believed external. What many people fail to realize is that **external hemorrhoids** are not necessarily outside of the anal hole or visible.

## Causes

Generally, piles are directly related to **bowel** movements. Constipation and diarrhoea can both contribute to the occurrence of piles. The exact cause of hemorrhoids has not been clearly established in lab testing, however most would concur that pressure during pregnancy, prolonged sitting down and straining during bowel movements are key components.

## Home Remedy

As stated above, most hemorrhoids remedy consists of nothing more than simple dietary changes, or even in cases of prolonged sitting a great increase in exercise may be justified. Here are a few things you should consider if you are suffering with hemorrhoids:

- Fiber- increasing your fiber ingestion will give your stool much more bulk and soften it to a degree.
- This will reduce the need to strain while having a bowel movement.
- Water- keeping yourself properly hydrated will reduce the chances of turning into constipated, another cause of piles.
- Drink the recommended daily allowance or a little more if you suffer chronic constipation.
- Diet-do you could have frequent bouts of constipation or diarrhoea due to what you eat?
- Some individuals have problems with dairy products, specific fruits and other foods; get rid of them from your diet.
- Weight- in the event you needed an additional incentive to lose weight, piles may be just that.
- People, who are overweight, as well as pregnant women, have more anal pressure, which can lead to painful hemorrhoids.
- Losing weight can alleviate this cause.
- Go- Do you frequently find yourself waiting in order to use the bathroom?
- Whenever possible you ought to heed your body's natural urges rather than waiting, especially if you are suffering from piles.

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**Hemorrhoids. Dealing with piles.** Perhaps some of the most embarrassing diseases that happens to people are hemorrhoids. Awkward, a minimum of in two senses: that becomes uncomfortable and anxious to live and ... embarrassing to tell someone about it. Such as a physician. This is...

## During a width Up

While you are working with these and other treatments for hemorrhoids, you may be wondering how to ease some of your symptoms. Piles are marked by discomfort, irritation and itchiness of the anal region. Lots of people are too embarrassed to talk about this problem with their family physician and simply suffer in silence. Thankfully, there are a few simple things you can do to be able to ease your discomfort.

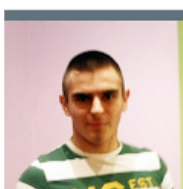
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**Creams-** there are many different creams you can get over the counter at your local drugstore. These kinds of medicated creams relieve the itching and burning associated with hemorrhoids. **Witch Hazel-** when you are still a little shy about purchasing medications witch hazel is a great treatment for piles. Chill it slightly in the refrigerator and apply with cotton ball for the best results. **Hydrocortisone-** a simple cream that can ease itchiness **Warm Bath-** a soak in the tub can do wonders for many things that ail you, including hemorrhoids. **Wet Wipes-** they are not just for babies! Wet wipes are gentler than the majority of toilet paper.

## Conclusion

You have suffered for quite some time with hemorrhoids or just want a treatment for piles with a more permanent result you could look at natural supplements such as Hemocyl. Before you look into a surgical solution, it is a good idea to try the least invasive measures first.

- Helena is an editor at a great site for **piles treatment** info.
- You can see a detailed list of piles symptoms included in her latest product review.



“ **Trey Hinton**

Trey is a content marketer at gold-web-submission.com, a collection of articles about alternative health tips. Previously, Trey worked as a consultant for a tech software startup. When he's not scouting for web articles, Trey enjoys hiking and rock climbing.

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