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Hemorrhoids: A Pile of Misery

By T.H. Quah

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<http://www.1st-Hemorrhoids-Treatment.com>

Hemorrhoid or Piles (in layman's term) is the most common problem afflicting the anal canal.

It is estimated that one in four adults is affected by it. If you've experienced painless anal bleeding and itching, painful swelling or lump near the anus, burning sensation or pain during or after bowel movements – then you probably have hemorrhoids or piles. However, not many people know much about the disease.

Piles come about when the hemorrhoidal tissues enlarge as a result of excessive straining or pressure while passing stool. These could develop from the type of lifestyle and dietary habits of the individual. Occupations that involve prolonged sitting (example truck drivers) or standing could develop piles. Other factors like obesity, pregnancy during childbirth, heredity or even certain habits like reading in the toilet can cause hemorrhoids too.

There are basically two types of piles: internal and external. Internal hemorrhoid cause painless bleeding. Occasionally, straining can push an internal pile through the anal opening, giving rise to prolapsed hemorrhoids.

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External hemorrhoids are lumps outside the anus. It can swell or become thrombosis causing pain and bleeding. Usually with bright red colored blood.

When it comes to treatment, we have to consider the degree of the hemorrhoids. And there are basically four degrees.

The first degree – internal hemorrhoids that bleed with defecation but not prolapsed. The treatment of medication such as cream or ointment is often sufficient.

The second degree – internal hemorrhoids protrude on defecation

but returns spontaneously thereafter. Here, the use of rubber band ligation could be used. The procedure consist of tying the base of an internal hemorrhoid to cut off its circulation. About ten days later, the hemorrhoids painlessly fall off.

The third degree piles are protrusion seen outside the anus. Fourth degree piles are those irreducible and remain persistently prolapsed. For both of these types of piles, surgery is needed. You can expect a lot of pain and discomfort at the lower part of the anal canal as here the skin is richly innervated with nerve fibers.

Now, there's an alternative to painful surgery with a procedure called 'Stapled Hemorrhoidectomy'. Here a cuff of rectal mucous membrane and hemorrhoidal tissue is excised above the sensitive part of the anal canal, using a stapling instrument. It does not leave a large or raw wound, hence less painful.

This procedure is more expensive but has become popular over the last three years. However, it cannot be performed on all cases of hemorrhoids such as external hemorrhoid and those with excessive skin tags.

Piles are preventable and symptoms can be controlled if managed at an early stage without resorting to medication or surgery. A diet high in fiber can prevent constipation and excessive straining associated with it. My advice is to start now, unless you want to accumulate "a pile of misery" any time soon!.

T.H. Quah is the webmaster of [1st-Hemorrhoids-Treatment.com](http://www.1st-Hemorrhoids-Treatment.com). Your Guide to the best Hemorrhoids Info, Pictures, Prevention and Treatments. Our Solution provides total hemorrhoids elimination everytime. For more details go to <http://www.1st-Hemorrhoids-Treatment.com>

Hemorrhoids – What Do I Need To Do?

By Rudy Silva

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There are many unpleasant symptoms and diseases associated with constipation. Hemorrhoids is one such symptom and many doctor or practitioners say, "it's not a serious condition." As a natural nutritional consultant, I say, "Hemorrhoids is a condition you need to treat or better yet eliminate."

You need to listen to all symptoms you have to decide if you need to take some action to correct the cause. Some times just acknowledging a simple symptom is enough for symptom and the cause to disappear. Hemorrhoids, whether simple or severe, are telling you there is something wrong somewhere and "I hope you take care of it before it get worse."

Taking care of hemorrhoids or the hemorrhoid symptoms is the first thing you should take care of. Then, you want to concentrate your effort on the cause of these hemorrhoids. In this way you can help to eliminate your hemorrhoids and prevent them from coming back.

The first signs of hemorrhoids are when you need to take action. Don't wait until your hemorrhoids get large, give you pain, start bleeding, or protrude.

The first question you should ask about hemorrhoids is what caused them.

What causes hemorrhoids?

It is always the cause of an illness that you try to eliminate. Doctors don't always have the time to determine what the cause is so they will treat the symptom to get rid of it. The result is that your illness will come back or the symptom will come back or appear as a different symptom.

Hemorrhoids are cause by excess pressure in the rectal veins and the veins in the surrounding area.

There are many causes of hemorrhoids of which constipation is a major cause. By first using some natural hemorrhoid remedies that I will discuss in future articles, you can eliminate or diminish your hemorrhoids. Then by using some natural remedies for constipation, you can prevent hemorrhoids from coming back.

Using natural remedies for treating your hemorrhoids is the best way to deal with this condition. In their book, Natural Prescriptions, 1994, Robert M. Giller, M.D. and Kathy Matthews, gives you their opinion of drugstore medications:

"If you are suffering from hemorrhoids right now, you want immediate relief. What about all those over-the-counter remedies? Just last year the FDA clamped down on the manufacturers of these products, and some of them are being removed from the market because they've never been proven to be effective. Other must limit their claims. Those that claim to shrink tissues must carry a warning because people with diabetes or heart disease, for example, shouldn't use them. In the final analysis,

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while you may get some temporary relief from these products, you could do as well by applying zinc oxide, petroleum jelly, or witch hazel, which are just as effective and far cheaper."

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Rudy Silva has a Physics degree from the University of San Jose California and is a Natural Nutritionist. He writes a newsletter called "Natural–Remedies–ThatWork.com" and he has written an ebook called "How to Relieve Your Constipation with 77 Natural Remedies." You can get more information on this ebook and more hemorrhoid remedies at this site:

<http://www.hemorrhoid-remedies.for--you.info>



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