

Hemorrhoids

Hemorrhoids are swollen and inflamed veins around the anus or in the lower rectum. Hemorrhoids are not dangerous or life threatening, and symptoms usually go away within a few days.

Contributing factors related to hemorrhoids include:

- x straining to have a bowel movement
- x constipation
- x sitting for long periods of time
- x frequent diarrhea
- x poor diet
- x inflammation

The most common symptoms of hemorrhoids are:

- x Painless bleeding during bowel movements
- x Rectal pain
- x Rectal itching
- x Swelling around the rectum
- x A painful lump at the rectum

Relieving the Pain:

- x Clean the rectal area with moist toilet paper or moistened pads such as Tucks Pads or Baby Wipes.
- x Use ice packs to relieve swelling
- x Tylenol or Advil can help with pain and swelling
- x Over the counter ~~creams~~ creams, suggested by your medical practitioner, can also help with pain and swelling.

Preventing Constipation:

- x Increase fiber -fresh fruits, leafy vegetables, and whole grain breads and cereals
- x Drink plenty of fluids (except caffeine and alcohol).
- x Exercise regularly
- x Use bulk forming laxatives such as Fiberall, Metamucil. Avoid other laxatives that can potentially lead to diarrhea and worsen symptoms
- x Don't ignore the urge to use the bathroom

Sources and/or additional resources:

Web MD: