



FREE REPORT

HEMORRHOIDS

What are hemorrhoids?

What are the symptoms of hemorrhoids?

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What is the treatment?

How are hemorrhoids prevented?

What are hemorrhoids?

Hemorrhoids are swollen blood vessels in and around the anus and lower rectum that stretch under pressure. They are similar to varicose veins in the legs. The increased pressure and swelling may result from straining to move the bowel. Other contributing factors include pregnancy, heredity, aging, and chronic constipation or diarrhea and bad diet and no exercise. Hemorrhoids are either inside the anus (internal) or under the skin around the anus (external).

What are the symptoms of hemorrhoids?

Many anorectal problems, including fissures, fistulae, abscesses, or irritation and itching (pruritus ani), have similar symptoms and are incorrectly referred to as hemorrhoids.

Hemorrhoids usually are not dangerous or life threatening. In most cases, hemorrhoidal symptoms will go away within a few days.

Although many people have hemorrhoids, not all experience symptoms. The most common symptoms of internal hemorrhoids are bright red blood covering the stool, on toilet paper, or in the toilet bowl. However, an internal hemorrhoid may protrude through the anus outside the body, becoming irritated and painful. This is known as a protruding hemorrhoid.

Symptoms of external hemorrhoids may include painful swelling or a hard lump around the anus that results when a blood clot forms. This condition is known as a thrombosed external hemorrhoid. In addition, excessive straining, rubbing, or cleaning around the anus may cause irritation with bleeding and/or itching, which may produce a vicious cycle of symptoms.

Draining mucus may also cause itching. How common are hemorrhoids? Hemorrhoids are very common in men and women. More than half of the population will have hemorrhoids by age 50. Hemorrhoids are also common among pregnant women. The pressure of the fetus in the abdomen, as well as hormonal changes, causes the hemorrhoid vessels to enlarge. These vessels are also placed under severe pressure during childbirth. For most women, however, hemorrhoids caused by pregnancy are a temporary problem.

Causes of hemorrhoids:

Getting older

Over weight

Standing upright which puts pressure on the rectal area

Pregnancy; as the weight of the baby causes pressure on the rectum

Over use of laxatives

Constipation

Diarrhea

Straining and pushing too hard

Sitting too long on the toilet

Bad diet and no exercise

How are hemorrhoids diagnosed?

A thorough evaluation and proper diagnosis by a doctor is important any time bleeding from the rectum or blood in the stool lasts more than a couple of days. Bleeding may also be a symptom of other digestive diseases including colorectal cancer. The doctor will examine the anus and rectum to look for swollen blood vessels that indicate hemorrhoids and will also perform a digital rectal exam with a gloved, lubricated finger to feel for abnormalities.

Closer evaluation of the rectum for hemorrhoids requires an exam with an anoscope, a hollow, lighted tube useful for viewing internal hemorrhoids, or a proctoscope, useful for more completely examining the entire rectum. To rule out other causes of gastrointestinal bleeding, the doctor may examine the rectum and lower colon (sigmoid) with sigmoidoscopy or the entire colon with colonoscopy. Sigmoidoscopy and colonoscopy are diagnostic procedures that also involve the use of lighted, flexible tubes inserted through the rectum.

What is the treatment?

Medical treatment of hemorrhoids initially is aimed at relieving symptoms. Measures to reduce symptoms include:

Warm tub or sitz baths several times a day in plain warm water for about 10 minutes.

Ice packs to help reduce swelling.

Application of hemorrhoidal cream or suppository to affected area for a time. Prevention of the recurrence of hemorrhoids is aimed at changing conditions associated with the pressure and straining of constipation. Doctors will often recommend increasing fiber and drinking six to eight glasses of fluid (on-alcoholic_ result in softer, bulkier stools. A soft stool makes emptying the bowels easier and lessens the pressure on hemorrhoids caused by straining.

Eliminating straining also helps prevent the hemorrhoids from protruding. Good sources of fiber are fruits, vegetables, and whole grains. In addition, doctors may suggest a bulk stool softener or fiber supplement such as psyllium or methylcellulose.

In lots of cases, hemorrhoids must be treated surgically. These methods are used to shrink and destroy the hemorrhoid tissue and are performed under anesthesia. The doctor will perform the surgery during an office or hospital visit.

A number of surgical methods may be used to remove or reduce the size of internal hemorrhoids.

These techniques include:

Rubber band ligation; a rubber band is placed around the base of the hemorrhoid inside the rectum. The band cuts off circulation, and the hemorrhoid withers away within a few days.

Sclerotherapy; A chemical solution is injected around the blood vessel to shrink the hemorrhoid.

Techniques used to treat both internal and external hemorrhoids include:

Electrical or laser heat, (laser coagulation) or infrared light, (infrared photo coagulation). Both techniques use special devices to burn hemorrhoidal tissue.

Hemorrhoidectomy: Occasionally extensive or severe internal or external hemorrhoids may require removal by surgery known as hemorrhoidectomy. This is the best method for permanent removal of hemorrhoids. *All methods are very painful and expensive.*

How are hemorrhoids prevented?

Hemorrhoids only tend to get worse over time, never better. That is why we suggest the natural way for safe, gentle and effective relief. The best way to prevent hemorrhoids is to keep stools soft so they pass easily, thus decreasing pressure and straining, and to empty bowels as soon as possible after the urge occurs. Exercise, including walking and increased fiber in the diet help reduce constipation and straining by producing stool that is softer and easier to pass. Medical researchers are finding that herbs, fruits, vegetables, grains, fresh air and exercise are our best medicines.

As a result, people are turning to alternative or natural medicines and away from prescribed drugs. Many drugs have bad side effects and do not promote long term health, i.e.: (return of original problem over and over). Natural botanicals and foods are much better and less intense on the body and do seem to work better.

Alternative medicine and herbal remedies have the ability to stimulate the body to heal itself and strengthen the immune system.

- 75% of all Americans between the ages of 25 and 75 suffer from hemorrhoids.
- Conventional western medicine offers no cure for hemorrhoids only topical creams, ointments and surgery designed to address the symptoms.
- Surgical removal of the hemorrhoids is very expensive and painful and the problem can come back again.
- Ointments and surgery treat the symptom and don't address the real problem or cause.
- Topical ointments are a multi-billion dollar industry and only have minor temporary relief.

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