



The Truth About Hemorrhoids

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The word hemorrhoid came from two Greek words "haimo", for blood, and "rhein", for flow. In anatomy, hemorrhoids refer to cushions of tissue filled with a network of blood vessels located in the lower rectum and anal canal.

The veins in this area of the body are quite flexible and stretchable to support the bowel during defecation - the process by which humans eliminate solid or semisolid waste material from the digestive tract.

This is the only vein capable of stretching that much and that big when pressurized with blood. Since the blood vessels are akin to veins, they can also end up as a varicose just like those common with the veins on the legs.

These swollen hemorrhoids are simply referred to as **hemorrhoids** in USA, **haemorrhoids** in UK, **hemroids or emerods**. The most popular reference slang to them is "**piles**".

The veins are located at varying locations near the opening of the rectum and along the anal canal.

This means, swollen veins can occur at different locations, too. Because of this variety of hemorrhoids, medical experts have classified them into two types: **external and internal**.

External hemorrhoids is a condition that occurs due to increased pressure on the hemorrhoid veins outside the anus.

These external hemorrhoids are prone to thrombosis, a condition wherein the swollen vein is ruptured and blood clots form. If the engorged vein is inside the rectum, within the last two inches, it is referred to as an internal hemorrhoid.

An internal hemorrhoid that hangs outside, enough for the swollen vein to be visible is classified as a ***prolapsed hemorrhoid***.

These prolapsed hemorrhoids may protrude during bowel movement and retract afterwards either naturally or manually.

External hemorrhoids may bleed due to hard stool or wiping too hard that may cause scratching.

The earliest recording of hemorrhoids dates back to 2250 BC when the Code of Hammurabi described its symptoms.

The Egyptians also have old recordings about its treatment that dates back as early as 1700 BC. This means this disease is not a new one and has been around since the beginning of human civilization!

This disease chooses no victim in terms of race or even age. In the United States alone, it is prevalent among 8.5 million people in 1996 with 1 million new cases every year.

Statistics reveal that 50% of Americans over the age of 50 suffer from hemorrhoids. Among them is President Jimmy Carter, undergoing surgery in 1982 to get rid of them.

At 27, George Brett, star player of the Kansas City Royals, missed parts of the 1980 World Series because of hemorrhoids. Even sports figures are not immune!

While there is plenty of information readily available focusing on the causes and cures relating to hemorrhoids, it's important that you take action in verifying the information so that you can understand why you really have hemorrhoids and what you can do to treat and prevent them from recurring.

Let's take a look at the most common myths and misconceptions:

Myth 1: Swollen hemorrhoids can transform into cancer.

Not true! Malignant tumors, the ones we recognize these days as cancers are not the same as the swollen hemorrhoids.

The hemorrhoids are enlarged and swollen rectal veins, whereas cancer is caused by cells that go haywire and divide out of control. Cancer is also traceable through blood test; that's in contrast with hemorrhoids.

It is however, possible to contract hemorrhoids as a minor complication of a cancer or another disease. This is most common among patients with colorectal cancer. The growing tumor imposes added pressure on the rectal veins. This, in turn, causes blood and pressure to build up on the veins and cause swelling.

Myth 2: Too much consumption of black pepper causes hemorrhoids to swell.

There is **no medical evidence** that too much consumption of black pepper causes swollen hemorrhoids.

Black pepper has been in every kitchen since the Middle Ages when Europeans settled in India's Malarbar Region and started exporting it. Since then, it is primarily known as a spice that usually comes along with salt to add flavor and aroma to dishes.

In some countries, it was also used as a medicine for its health benefits and ability to cure a wide range of diseases from constipation and toothaches to insomnia and liver problems.

Myth 3: Sitting on cold sidewalks, benches or chairs cause swollen hemorrhoids

There is no truth to this! While prolonged sitting can ultimately cause hemorrhoids due to the pressure in the anal region, sitting on cold benches, sidewalks or chairs has no direct association with hemorrhoids.

Myth 4: Hemorrhoids only happen to older people.

Statistics show that most sufferers of this disease are aged 50 and above, however this doesn't mean those younger than 50 are completely immune.

It's just more likely to happen to an elderly person due to old age and pressure that takes place within the rectal wall and region. Still, anyone at any age can experience hemorrhoids after sitting for long periods of time, or after straining during bowel movements.

Myth 5: Inflamed hemorrhoids can be passed on during intercourse.

There is no truth to this whatsoever. There are no documented cases of hemorrhoids being passed through any form of intercourse (or any other method for that matter).

This disease is not caused by inadequate personal hygiene in that area of the body either. Meaning, microorganisms are not the reason behind the inflammation.

The swelling may look like it is inflamed but the inflammation is something caused by pressure of blood on the walls of the veins and not infection.

Now that we have dissected many of the most common myths involving hemorrhoids, it's time to evaluate exactly what **REALLY** causes hemorrhoids.

As a review, hemorrhoids are cushions of tissue filled with lymph and blood vessels, and always located in conjunction with the two rings of sphincter muscle tissue that guard the opening of the rectum to the outside.

This is the junction of the rectum and the anus. The veins in these tissues are quite flexible and stretchable. They have to be like that to be able to support bowel movement - expanding and contracting. These are like the veins in the legs designed to adjust with the constant bending of the knee. But no other veins in the body can stretch as much as the veins in the rectal area.

They become so huge when pressurized with blood during defecation. Constant application of pressure in this area leads to more blood and more pressure into the veins.

Going back to the veins in the legs, they turn into varicose veins after constant application of high pressure due to gravity especially during prolonged standing.

This too happens with rectal veins.

Constant pressure causes the veins to enlarge and swell. Some even form blood clots and appear to be inflamed.

Now you might ask what activities cause too much pressure on these veins.

There are a lot of circumstances that might require you to apply pressure on this area of your body. The most common scenario perhaps is linked with diet and straining on the toilet.

Eating food lower in fiber and mostly processed leads to constipation and may require you to strain on the toilet. Straining involves holding one's breath to put pressure on the rectal area for force bowel movement.

Most of the reasons for the development of these unwanted hemorrhoids roots back to the toilet. The use of the modern day toilets also contribute to pressure we apply on our rectal area.

Based on a study dating back to 1987, swollen hemorrhoids are attributed to the "sitting" toilets. In the study, 20 patients suffering from this disease were asked to convert to squat toilets and found out that 18 of them were completely relieved from their symptoms.

There were no reoccurrence of the problem even after 30 months. The anal canal is not straight when seated. This means bowel movement results frequently in obstructive constipation, thus, more straining.

The modern toilets also encourage us to sit for long time and even read newspapers while sitting. This means more unnecessary pressure on the rectal area and anal walls.

Other activities and that cause straining also contribute pressure to the rectal area. This includes but not limited to chronic diarrhea, lifting heavy objects, sitting for long periods of time, old age and even pregnancy.

Having an inflamed hemorrhoid is characterized by a number of symptoms. The most obvious symptoms of hemorrhoids are often seen and felt. Internal hemorrhoids are often later discovered because it is hidden from the eye and exists on the inside of the anal walls.

But the most common early symptom is the presence of blood during bowel movement. This might be noticed after wiping the rectum and streaks of blood appear on the tissue, or in the stool itself.

The internal hemorrhoids can become physically visible when the protrusions from the swelling inside come out of the anus already.

These are the prolapsed hemorrhoids that are usually reddish pink in color. They may retract back inside the anus on their own accord, often after straining, or stay popped out of the anus. But one does not have to wait for these symptoms to occur.

Internal hemorrhoids can be felt early on and their manifestation often characterized by mild burning sensation and pain during bowel movement.

External hemorrhoids, on the other hand, may be earlier experienced when simply sitting down is accompanied with pain. With the help of a mirror, tiny grape-size protrusions arising from the anus can be seen.

The size of the swelling varies. They range from that the size of a pea to the size of walnuts. And the number of the swellings range from a single protrusion to a cluster of protrusions. The textures also differ; some are flat, round or wrinkled.

Brownish hemorrhoids are often external hemorrhoids. They turn purplish blue or dark red when they get thrombosed because of the presence of blood.

May it be internal or external hemorrhoids, some symptoms are common to both. There is a feeling of incomplete passing of the stool. This can be caused by the lump of mass in the anal wall. There is also itching around the area of the anal opening.

Medication won't make them go away but can alleviate the pain and symptoms.

Basic medical treatments are a variation of ointments that dehydrate and shrink the hemorrhoids causing them to dry.

Witch hazel dehydrates and shrinks them but doesn't make them go away. Tucks pads, rich in witch hazel, tucked in the anus also achieves the same result. When hemorrhoids are painful, hypo-allergenic baby wipes should be used instead.

Hemorrhoids when inflamed are sensitive thus using a tissue paper is not advisable for they might scratch them.

Ointments containing lidocaine, hydrocortisone creams and suppositories, as well as warm sit baths can also provide hemorrhoid relief from itching and pain.

The pain can often be treated with prescribed doses of over the counter pain relievers.

There are a lot of choices now especially that medicine is on the continued quest to provide the world with a range of effective procedures.

One of the oldest yet still used today is the rubber band ligation method. In this procedure, elastic bands are used to cut off blood supply to the internal hemorrhoids.

After a few days, the shrunk hemorrhoid falls off on its own during normal bowel movement. Most of the surgeries available today are the same - cutting the blood supply to the hemorrhoids.

Let's look at these three procedures.

The Transanal Hemorrhoidal Dearterialization (THD-HP) is a minimally invasive procedure for treatment of hemorrhoids and hemorrhoid prolapse. THD technology utilizes the ultrasound Doppler to locate the arterial blood inflow and tying them off but not excising the tissue.

There is very little pain in this procedure and patients normally go back to normal daily activities within a few days. Stapled Hemorrhoidectomy is another less painful procedure which disrupts the blood flow to the hemorrhoids.

It promises faster recovery but it is not helpful for painful external cases.

Doppler Guided Hemorrhoidal Artery Ligation cuts the artery that delivers blood to the hemorrhoid. It is the best treatment for bleeding piles, as the bleeding stops immediately.

But prevention is better than cure. Although we should thank the medical industry for continually providing us relief from health problems we usually cause ourselves, it is better if we prevent them from happening. This saves us time, money and pain.

We now know that blood and pressure constantly applied on the rectal area causes the swollen hemorrhoids that we don't want to have, the best way to avoid the disease is to avoid activities that require us to exert pressure on that area. We can start with changing the lifestyle we have starting with diet.

Eating fiber-rich diet means better bowel movement thus less straining during defecation. This also means a healthier lifestyle because dietary fibers cleanse the digestive tract and gives a cleaner inner feeling.

This also leaves no room for other gastro-intestinal infections and diseases. Populations in which fiber intake is high have a very low incidence of hemorrhoids.

The Asian culture is known for this diet - rice, vegetables, root crops and fruits which are all rich in fibers. In return, they have less prevalence of hemorrhoid cases.

Another thing we can also learn from is the squatting position during bowel movement.

Colon cancer and some new gastro-intestinal diseases were not known to them until the introduction of modern toilets. It might be a hard thing to do for Western people especially with the toilets available in the market and public places today. But there are

some who offer squat toilets because they know it is the natural and healthy way to defecate.

In fact, there are those who provide a platform over an existing toilet bowl and enable the user to squat to eliminate. You might want to install one of these in your home. Inflamed hemorrhoids result from continual aggravation and injury due to excessive straining in the sitting position.

Since the cause is pressure-related, just find ways to minimize the pressure you exert on your rectal area. Be aware of what you do. Simple lifting of heavy objects increases your chances of contracting that disease.

Be aware of what you eat. Constant constipation and chronic diarrhea is not healthy not just because it can dehydrate your body but it also it also lengthens your stay in the toilet. Long toilet hours mean more straining and more pressure exerted on the rectal area.

Being aware of what you eat also keeps you in check with your weight. Obesity is also a reason for inflamed hemorrhoids to develop. Pressure on the rectal area to support one's weight also contributes to the veins turning into varicose ones.

So exercise plays a big role in preventing this disease, too.

Constant physical exercise means healthy blood flow and less risk for diseases.

For pregnant women, they might be at higher risks with hemorrhoids during pregnancy and labor. Water birth is a practice that has around for along time.

Giving birth in water enables the pregnant woman to squat and deliver the baby with less effort and pain. It is also reported that babies born through this method cry less. There are also exercises for pregnant women which can be done safely. This helps in easier labor and muscle toning.

There are more ways to prevent than to treat and they're often easier, cheaper and more effective.

No matter how modern the lifestyles have become we should not forget how our body is designed and we should act in accordance to it so as not to go against nature and develop diseases.

If you've tried many types of hemorrhoid solutions then you probably understand the differences of how each is used.

The first popular type is **creams and ointments** where a topical treatment is rubbed on your outer rectal area and aims to soothe blood vessels. This creates a relaxation of the tissue so that it does not bulge out so much.

Once the tissue does not bulge, the hemorrhoid will be less likely to flare up. This is great for some relief in the temporal matter but unfortunately you are practically guaranteed to flare up again.

The 2nd type that is very popular as well in the form of **suppositories** which are inserted inside the rectum for the purposes of delivering moisture to the hemorrhoid and creating a lubricating effect once the next rectal pressure comes. The aim is to ensure the hemorrhoid heals without rupturing again.

For some it works well, for others not so but it's worth trying.

The 3rd type is **pills** where one can consume that regulate some blood pressure in the system.

This can have its side effects but overall it's used to tighten vein tissue so that the hemorrhoid is less susceptible to problems. It's a very top down approach that has its benefits but can also induce real side effects and big pharmacies like to push this.

These three types are the most common and once these are exhausted, you still have options such as cryotherapy or surgery.

It all depends on the individual case and what you can tolerate. In my personal experience, it's best to first try the safer options before going to the extreme measures.

Even if the pain is unbearable, you can still use relief from these methods. It's just not pleasant long-term either.

Now, not all hope is lost. I do have one solution that has surprised me by not only providing instant relief but also in helping me take measures to PREVENT future flare-ups.

You can grab the free report at:

<http://chrisstenberg.com/hmiraclewebsite>

Hemorrhoid Miracle offers self-treatment and information to help prevent hemorrhoid flare-ups. In fact, one remedy in the guide offers a safe and guaranteed cure of hemorrhoids within 48 hours.

It's already been proven by hundreds, if not thousands of success stories in the underground fashion of alternative medicine.

The system includes ingredient resources, charts, audio lessons and basically everything you need to cure your hemorrhoids one and for all. I really recommend it and just see the testimonials from users who have triumphed even severe hemorrhoids for good.

Once again, see the free report on this at:

<http://chrisstenberg.com/hmiraclewebsite>

As an added bonus and also an alternative choice to hemorrhoids treatment, here is a hemorrhoid treatment that involves **a simple capsule and a spray under your tongue**. It is actually ideal for those who are too embarrassed to visit their doctor about this unpleasant disease. **Many piles sufferers have hailed this as one of the best treatment for hemorrhoids and is voted the # 1 hemorrhoid treatment in the USA. Because of its ease of use, it fits in well with people's lifestyle.**

Check it out here:

<http://chrisstenberg.com/venapro>