



Hemorrhoids: Causes & Treatment Options Read On.

Hemorrhoids—also known as piles—are swollen veins in the lower rectum and anus that can cause discomfort, itching, and bleeding. They are common and often result from increased pressure in the area. Understanding the causes and treatment options can help manage and prevent them effectively.

What Causes Hemorrhoids?

Several factors contribute to the development of hemorrhoids:

- ✓ Straining During Bowel Movements – Pushing too hard while passing stool puts extra pressure on the veins.
- ✓ Chronic Constipation or Diarrhea – Irregular bowel habits can irritate the rectal veins.
- ✓ Sitting for Long Periods – Especially on the toilet, which increases pressure on the rectal area.
- ✓ Pregnancy – Increased abdominal pressure and hormonal changes can lead to hemorrhoids.
- ✓ Low-Fiber Diet – A lack of fiber can cause hard stools, making bowel movements difficult.
- ✓ Heavy Lifting – Frequent heavy lifting can increase pressure in the abdominal and rectal area.
- ✓ Obesity – Excess weight puts strain on the lower rectum.

Types of Hemorrhoids

- ◆ Internal Hemorrhoids – Located inside the rectum, usually painless but may cause bleeding.

- ◆ External Hemorrhoids – Found under the skin around the anus, can be itchy, painful, and may form a clot (thrombosed hemorrhoid).

Treatment Options

- ◆ Home Remedies (For Mild Cases)
 - ✓ Increase Fiber Intake – Eat more fruits, vegetables, and whole grains to soften stool.
 - ✓ Drink Plenty of Water – Staying hydrated prevents constipation.
 - ✓ Use Sitz Baths – Soak in warm water for 10-15 minutes a few times a day to reduce discomfort.
 - ✓ Apply Cold Compress – Helps reduce swelling and pain.
 - ✓ Use Over-the-Counter Creams & Wipes – Hydrocortisone creams, witch hazel wipes, or suppositories can provide relief.

◆ Medical Treatments (For Persistent or Severe Cases)

- 🩺 Rubber Band Ligation – A doctor places a small rubber band around the hemorrhoid to cut off its blood supply, causing it to shrink.
- 🩺 Sclerotherapy – A chemical solution is injected into the hemorrhoid to shrink it.
- 🩺 Infrared Coagulation (IRC) – Heat is used to shrink internal hemorrhoids.
- 🩺 Hemorrhoidectomy – Surgical removal of severe hemorrhoids.



Prevention Tips

- ✓ Eat More Fiber – Aim for 25-30g of fiber daily to keep stools soft.
- ✓ Stay Hydrated – Drink at least 8 glasses of water per day.
- ✓ Exercise Regularly – Helps keep your digestive system moving.
- ✓ Avoid Straining on the Toilet – Don't force bowel movements.
- ✓ Don't Sit Too Long – Take breaks if you have a sedentary job.



Bottom Line

Hemorrhoids are common but treatable. Simple lifestyle changes can help prevent and manage symptoms, but if pain or bleeding persists, see a doctor for proper treatment.

