

# Hemorrhoids - the Ugly Truth About Enlarged Rectal Veins

**H**emorrhoids, is the result of your constant straining during **bowel** movements. But a more precise description of this is the fact that, they are clumps or perhaps masses of tissue in the rectal canal which has the blood vessel, supporting the tissue that is made up of muscle and also elastic fibers. If you have **hemorrhoid** you should not get worried, although some people may think that having this is quite abnormal, when in truth, it is present in everyone. They only turn into a problem if they become enflamed.



The anal canal is where the stool passes before they go to the rectum and the anus opens to let them out. The usual causes of enlarged rectal veins are from, insufficient intake of fiber, constipation, prolonged sitting, pregnancy, as well as sometimes heavy lifting. In order to avoid future problems with **hemorrhoids** think about these causes, and do something to avoid these kinds of complication.

- The rectal becomes enflamed after several rubbing of the bar stool when you strain to let them out, after about 10 - 15 minutes of pushing.
- Of course, this simply happens while you're in the middle of constipation.
- Those hard, small but dry stools can cause damages to the lining of the rectum, causing the arteries to be able to bleed sometimes.

To keep you from being constipated, you will find preventive measures that you that should consider for preventing the unpleasant experience brought by enlarged rectal veins or hemorrhoids. Here are some with the precautionary measures that you should take:

- Fiber Food - A good amount of fiber food should be included in your daily diet.
- Get this a daily practice, if possible.

*Drink water - Always drink plenty of water, as much as eight glasses a day is the recommended daily intake.*

*Regular Exercise - Regular exercise can help your body, also help prevent constipation.*

*Avoid too much hot foods - A lot of people believe that eating too much spicy food could aggravate hemorrhoid problems.*

As much as 85% of the entire population has, at one time in their life experience hemorrhoids problems. Although a simple hemorrhoids is not really dangerous to anyone, but the discomfort brought by having an enlarged rectal condition is no laughing matter. The pain and unpleasantness can make anyone irritable for a whole day.

*Some of the unpleasant experiences from hemorrhoids condition are usually the following.*

## Bleeding in Your Stool

Itching in and outside the rectum.

## Mucus Discharge

Pain around the rectum in the course of bowel movements.

## Pain Whenever You Sit

Unpleasant bulging in the area of the anus like there is something found lacking inside, when in fact there is nothing but inflammation of the rectum.

## The Bleeding and Pain is So Severe, It is Better to See Your Doctor Right Away

The doctor can examine if there are other problems aside from having an enlarged rectums or hemorrhoids. However if the condition is tolerable you can just buy a topical ointment with some over-the-counter druggist in order to quickly relieve some of the pain and ease the unpleasant that you are at present experiencing. There is nothing embarrassing of hemorrhoids so don't be afraid to ask for advice, remember almost 85% of the people has already experience this problem.

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