

PILES OR HEMORRHOIDS PREVENTION

Introduction

Piles or hemorrhoids are areas in the anal canal where the tissues which contains lots of blood vessels get swollen.

Piles look like round pink swellings, the size of a pea or a grape. Sometimes they are blue in colour.

Piles can be internal, inside the anus or external and be seen and felt on the outside of the anus. One can have internal and external piles at the same time.

Overview

How and why it is caused?

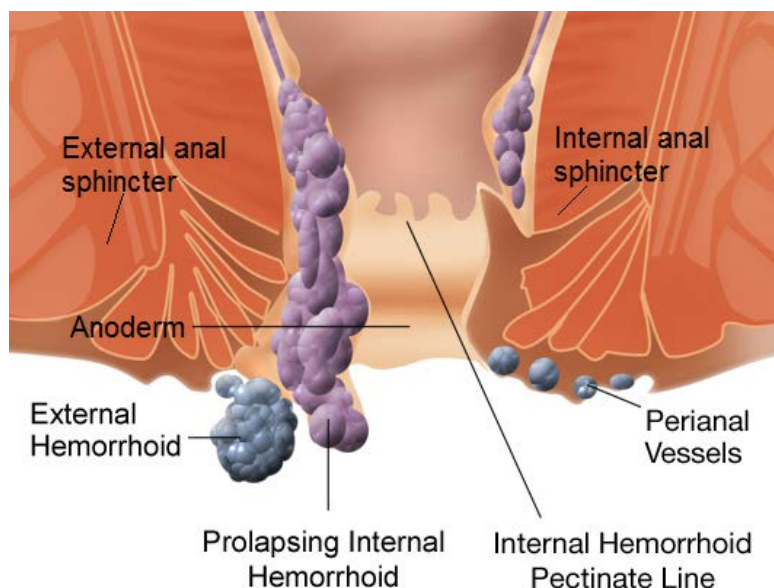
An exact cause is unknown; however, the upright posture of humans alone forces a great deal of pressure on the rectal veins, which sometimes causes them to bulge.

Other contributing factors include: Aging , Chronic constipation or diarrhea , Pregnancy , Heredity, Faulty bowel function due to overuse of laxatives or enemas; straining during bowel movements, Spending long periods of time (e.g., reading) on the toilet

What are the Symptoms?

Symptoms of piles/ hemorrhoids can include bleeding, faecal soiling, itching and very occasionally pain.

The symptoms of pathological hemorrhoids depend on the type present. Internal hemorrhoids usually present with painless rectal bleeding while external hemorrhoids may produce few symptoms or if thrombosed significant pain and swelling in the area of the anus.



Prevention is better than cure

Meat has a double fault. It's high in fat and contains no fiber so it takes longer to empty from the stomach and pass through the intestines.

While most people do not experience "indigestion" from meat, those who suffer from reflux should not eat much meat, as it may aggravate the problem.

Meat lacks cellulose or fiber and lack of fiber can easily create constipation. It is known that constipation can cause rectal cancer or piles.

Piles can be avoided by eating a high-fiber diet like breakfast of cereals, whole meal bread, plenty of fruits and vegetables. Meat like pork, lamb etc. are harmful and can aggravate the problem. Drinking at least eight glasses of water a day. Coffee dehydrates the body so it is good to avoid or minimize the intake.

Initial treatment for mild to moderate disease consists of increasing fiber intake, oral fluids to maintain hydration.

Avoid straining during bowel movements It's also important not to ignore the need to open the bowels when you feel the need, as this can contribute to constipation.

You can help prevent hemorrhoids by preventing constipation. Drink plenty of fluids.

These simple steps can help prevent constipation

- 1. Eat fiber-rich foods - Vegetables are great sources of fiber.*
- 2. Drink plenty of water: - Use your thirst and the color of your urine as guides for whether you're adequately hydrated. Your urine should be a light yellow color. If it is dark yellow, you're likely not drinking enough water. (A bright yellow color is usually the result of vitamin B2, found in most multi-vitamins.) Adequate fiber and water create softer stools. A softer stool moves more easily through your colon and lessens the need for straining.*
- 3. Exercise regularly to keep your digestive tract stimulated.*
- 4. Take a high-quality probiotic. - Balancing your gut bacteria will not only help your constipation, but your overall health as well.*
- 5. Get control of your emotional stress - Doctors highly recommend tools such as meridian tapping techniques to help alleviate emotional stressors which contribute to constipation. It can also help you reduce and eliminate painful symptoms of hemorrhoid flare-ups.*