

Hemorrhoids

Hemorrhoids, also known as piles, are swollen veins inside the anus. This frequent, benign disorder is caused by constipation, sedentary life, obesity, labor, cycling or horseback riding.

They appear as lumps inside or outside the anus (internal or external hemorrhoids) and may cause itching, a burning sensation or bleeding.

You may enjoy long periods of time without discomfort if you adhere to the following instructions:

Bowel habits and hygiene

- Use a high-fiber diet (fruits, vegetables, cereals) to avoid constipation. Drink plenty of water every day and exercise regularly.
- Do not suppress the urge to defecate and avoid excessive straining during defecation. Do not sit on the toilet seat for too long.
- After passing stool, clean the area with warm or cold water, never with hot water. Dry thoroughly and avoid rubbing or wiping hard; rather, gently pat dry with a towel.
- If piles prolapse during a bowel movement, gently push them back in after the movement. If that doesn't work, try to avoid direct contact with your underwear by using cotton balls or gauze pads impregnated with pH neutral cream.

Diet

- Avoid spicy foods, mustard, pistachio nuts, dried fruit, shellfish, coffee, chocolate, alcohol and carbonated beverages.
- Avoid excessively salty foods like strong cheeses, olives, anchovies, canned food...,

or excessively acidic foods like vinegar, orange, pineapple, strawberry, grapefruit, kiwi,.... Check which of these food items cause discomfort to you and which don't.



In case of swollen hemorrhoids

Wash with cold water or by gently rubbing an ice cube over them, and apply hemorrhoidal cream for 5-7 days. Rest. Stick to your diet to avoid constipation.

What if they really hurt?

Hemorrhoids can sometimes become thrombosed (a hard blood clot develops inside). This is very painful, and small surgery can be used to relieve pain. Piles can be operated on if they become very problematic or frequently thrombosed.

What if I bleed from the anus?

You may bleed from time to time. Ask your doctor.