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HAEMORRHOIDS

Get the Facts



HAEMORRHOIDS: GET THE FACTS

Haemorrhoids are inflamed and swollen blood vessels in the lower rectum. They can occur externally or internally.

WHAT CAUSES HAEMORRHOIDS?



Chronic constipation or diarrhea



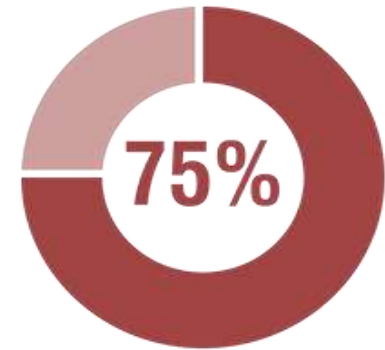
A low-fiber diet



Pregnancy



Restraining during bowel movements



Of All People
Will Develop
Haemorrhoids

WHAT ARE THE SIGNS AND SYMPTOMS?



- Bright blood on toilet paper after a bowel movement.
- Blood during a bowel movement.
- Spontaneous bleeding.

- Swelling comes in and out
- Permanent swelling in the anal area
- Discomfort and itching
- Difficulty on the toilet.
- Pain



TREATMENT IS SIMPLE



Eat fiber-rich food.



Drink plenty of water.



Sit in a warm bath several times a day for short periods of time

Consult with your physician before making any drastic lifestyle changes. He or she may refer you to another specialist for more advanced treatment.



