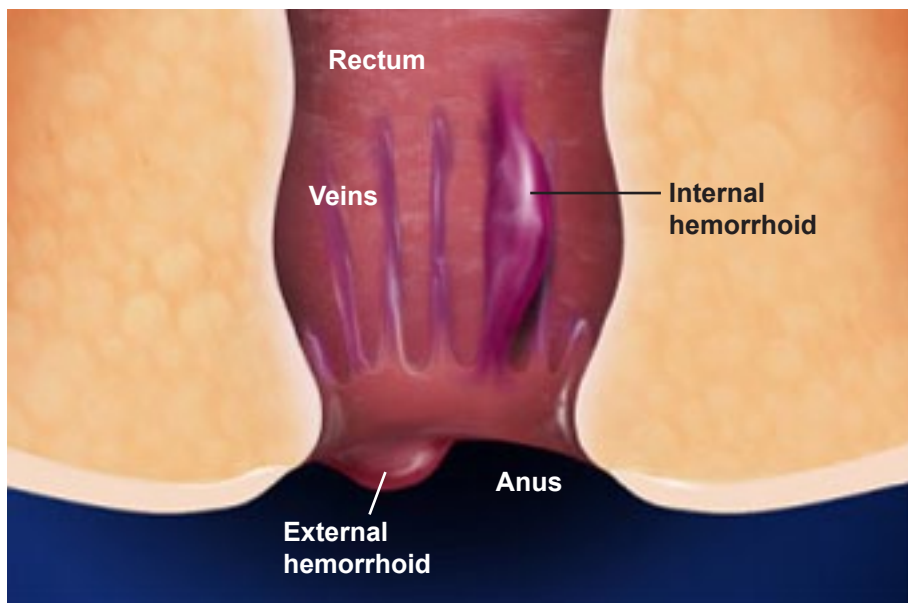


Hemorrhoids



Overview

This condition is an inflammation and swelling of the veins of the anus or rectum. Hemorrhoids may occur inside or outside the anus.

Causes

Hemorrhoids can be caused by frequent and excessive straining during bowel movements. They can develop because of chronic constipation, genetic predisposition, aging or pregnancy. Sitting on the toilet for long periods may also contribute to hemorrhoid formation.

Internal Hemorrhoids

Internal hemorrhoids form inside the anus. They are not visible and cannot be felt, and they generally do not cause discomfort. Symptoms of internal hemorrhoids may include bright red blood that is visible during bowel movements, in the toilet bowl, on the toilet paper, or on the stool. In some cases, an internal hemorrhoid may protrude through the anus and become irritated and painful.

External Hemorrhoids

External hemorrhoids form on the outside of the anus. An external hemorrhoid can form a hard, swollen bulge that causes pain and discomfort, particularly if a blood clot forms inside the vein.

Treatment

Treatment options may initially include warm bath soaks, creams and suppositories. Drinking the proper amount of water and eating a diet high in fiber may be helpful in relieving constipation and straining. In some cases, surgical treatment is needed to reduce the size of the hemorrhoid or remove it completely.