

Hemorrhoids

What is it?

- **Hemorrhoids**- also known as piles and is a cluster of swollen veins, the anus is a ring of muscles with veins and loose tissue in the center to prevent leakage, usually occurs on the anal canal and is usually purple or blue in appearance and is about two centimeters (about the size of the grapes)
- **Straining**- of the muscles cause the veins to swell and may rupture, causing bleeding during the BM, a blood clot can form in a vein and it feels like a small seed is caught in the rectal area

Signs and Symptoms:

- **Cause**- is usually constipation or physical strain while attempting to have a BM/bowel movement
- **Bowel Movements**- are hard and difficult to pass



Facts:

- **At Risk**- are adults who are not getting enough fiber in their diet (Goal: 25 grams of Fiber per day+) and pregnant women
- **Rectal Bleeding**- is a sign of rectal and colon cancer
- **Anal**- area is hard to keep clean and may develop itching which is not a symptom of hemorrhoids
- **Internal Hemorrhoids**- hemorrhoids that remain in the anus
- **External Hemorrhoids**- hemorrhoids that protrude outside the anus
- **Foods High In Fiber**- fresh fruits and vegetables, whole grains breads and cereals, nuts, dried fruits, legumes



What can I do?

- **See your Health Care Provider**- to help you relieve pain
- **See a Registered Dietitian**- for help as needed with foods high in fiber to help prevent hemorrhoids
- **See FFF RD**- on line for help

