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**Hemorrhoids—A real pain in the ass!**



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# What are hemorrhoids?

The term hemorrhoids refers to a condition in which the veins around the anus or lower rectum are swollen and inflamed. They can burn, itch, and bleed.



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# What causes hemorrhoids?

Hemorrhoids may result from straining to move stool. Other contributing factors include pregnancy, aging, chronic constipation, or diarrhea.



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# How to treat hemorrhoids?

Eat more fiber. Fiber helps form a soft, bulky stool. It is found in many vegetables, fruits, and grains. Be sure to add fiber a little at a time, so your body gets used to it. Limit foods that have little or no fiber.

## How to prevent hemorrhoids?

- Eat more fiber.
- Eliminate straining.
- Don't ignore the urge to have a bowel movement. Listen to your body.
- Get enough exercise. A 20- to 30-minute walk every day may help. Begin slowly and speak with your doctor first.



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