

Pregnancy and Hemorrhoids

Being pregnant is beautiful, but it is not pain-free-- especially if it's accompanied by inflamed hemorrhoids. Hemorrhoids are varicose (swollen or dilated) veins located in and around your anus. These veins help us with continence -- our ability to control urination and bowel movements. When they get inflamed, hemorrhoids bleed, swell up and can even prolapse (appear outside your anal opening).

Inflamed hemorrhoids (also called piles) can affect pregnant women before and after birth. They may be caused by constipation, by changes in your hormone levels, by the extra weight you are carrying, and by pushing during delivery. They may also be caused by pain medication, and by irritation of the perianal area. They can even be caused simply by standing or sitting for a long period of time.

Other common causes of hemorrhoids include dehydration, lack of fiber in your diet, and exhaustion.

What can I do to prevent hemorrhoids? And how do I relieve the pain once they appear?

As a preventive measure, keep a checklist of your fiber and water intake, activity levels and types of foods that might be triggering your hemorrhoids, and adjust accordingly. You may simply need to drink more water or eat more raw veggies, for example.

Another step? Take naps. All the added weight your body is carrying may be putting pressure on your anal canal. So taking a load off and pampering yourself might be beneficial. To promote circulation, you can also perform Kegel exercises and assume the "downward dog" yoga position. Use a stool softener if you feel you need it and a drug-free ointment before bowel movements to ease the pain during a flare-up.

While hemorrhoids themselves may be painful, the pain only gets worse when you move. That's because moving your legs or thighs causes your butt cheeks to rub against your anal area -- one of the most sensitive areas in your body. This rubbing helps explain why your hemorrhoid pain becomes more severe, and your hemorrhoids may not heal as fast as they should.

Anuleaf AD works when other hemorrhoid treatments don't.

The only hemorrhoid treatment that directly addresses the rubbing problem is Anuleaf AD. By separating your cheeks,

Anuleaf AD not only relieves pain immediately – it also helps you heal faster. No more pain, and no more time and money spent on treatments that don’t work. You should also know that Anuleaf AD is drug-free – an important consideration for pregnant women.

Why wait a minute longer for effective pain relief?
Order Anuleaf AD right now, for prompt delivery.