

Hemorrhoids can be treated “ not cured.

As you surf the internet, you’ve probably come across countless cures for inflamed hemorrhoids. But do these “cures” cure your hemorrhoids for good? Do their marketers guarantee your inflamed hemorrhoids will not return?

Just as headache medicines cannot promise to prevent another headache, hemorrhoid medications cannot promise to prevent another hemorrhoid from becoming inflamed. Yet some hemorrhoid sufferers keep buying over the counter ointments and creams, while others resort to medical intervention and painful procedures – and still their inflamed hemorrhoids come back to haunt them.

The pain of inflamed hemorrhoids is actually an alarm, a wake up call, about a serious problem that must be taken care of. But the most effective cure, the way to actually prevent a recurrence, is not medication or treatment – it’s avoiding the conditions that cause your hemorrhoids in the first place.

Remember, doctors may be quick to recommend a treatment – while downplaying its side-effects and pain -- but they will never guarantee a cure. To avoid playing the hemorrhoid cure game, find out precisely what is causing your hemorrhoids. What part of your lifestyle, diet, or activities should you be looking at? There are many possible changes you can consider, and making just a few of them can be enough to relieve your hemorrhoid flare-up.

Take matters into your own hands. To learn how to make changes that actually prevent future flare-ups, click on [Managing a Severe Hemorrhoid Flare-up](#) and [Avoiding a thrombosed hemorrhoid](#).