

What is hemorrhoids? Is hemorrhoids contagious, is it dangerous?

Hemorrhoids are a fairly common disease today. Therefore, there are many questions around this disease such as: Is the hemorrhoids contagious, are hemorrhoids dangerous? ... The following article, Quantrimang will help you answer these questions. Let's follow up to understand more about this disease!

Hemorrhoids are a fairly common disease today. Therefore, there are many questions around this disease such as: **Does hemorrhoids spread, are hemorrhoids dangerous?** . The article below, Quantrimang will help you answer these questions. Let's follow up to understand more about this disease!



What is hemorrhoids?

Not only is the disease of a vein, hemorrhoids are diseases of a vascular system from veins, arterioles, connecting vein dynamics to smooth muscle and connective tissue lined by normal epithelial layer of the tube anus.

When there is a situation of straining when bowing many times, constant blood stasis . will increase pressure leading to enlargement and create hemorrhoids in the anal canal. The older the patient is, the more supporting connective tissue structures weaken, leading to hemorrhoids tufting gradually descending from the anal opening leading to internal hemorrhoids.

Currently, hemorrhoids are divided into 2 types including:

1. Internal hemorrhoids: When the hemorrhoids start above the comb, and the hemorrhoids are covered by the mucosa and transitional epithelium.

2. External hemorrhoids: This is when the hemorrhoids develop under the comb. Now the hemorrhoids will be covered with squamous epithelium and lie beneath the skin surrounding the anal area.

In addition, based on the development of hemorrhoids that are still in or have fallen out of the anus, it is also divided into 4 levels of hemorrhoids including:

1. Hemorrhoids level 1: The hemorrhoids are completely located in the anal canal.
2. Hemorrhoids level 2: Normal hemorrhoids are compacted in the anal canal. When pushing the bowel, the hemorrhoids will be protruding little out, and when the bowel is finished, stand up and the hemorrhoids will come back inside.
3. Hemorrhoids level 3: Every time you go to the toilet, walk around a lot, squat a lot . the hemorrhoids will come out.
4. Hemorrhoids level 4: Hemorrhoids will often stay outside the anal canal



Is hemorrhoids contagious?

Before answering the question: "Is hemorrhoids contagious?", Find out what causes the disease:

1. Regularly push when going to the toilet
2. Chronic diarrhea or constipation
3. Sitting for a long time when you go to the toilet
4. Women in pregnancy
5. Fat
6. Relations with anal
7. Diets are low or too low in fiber
8. Increased with age because of the supporting tissue structure in the rectum and anus weakens.

Currently, due to the increasing rate of hemorrhoids is becoming alarming that many people mistakenly believe this disease is contagious and hereditary.

According to research experts, hemorrhoids are completely non-infectious and there are no genetic factors. Wearing clothes, washing clothes, sitting in chairs . will not affect the spread of the disease.

However, many patients still wonder if hemorrhoids are dangerous? The answer will be there when you continue to follow the article.

Is hemorrhoids dangerous?

According to the master, Dr. Nguyen Ngoc Thao, General Surgery Hoan My Sai Gon Hospital: Hemorrhoids is a disease that seriously affects life, causing pain and discomfort for patients. In the absence of timely detection, this disease can leave extremely dangerous complications to health.

Hemorrhoids lead to effects such as:

1. Causing difficulties and pain every time you go to the bathroom
2. Reversing living habits, affecting the morale of patients
3. Impact on the life of the wife and husband
4. For women, when suffering from hemorrhoids will lead to many risks of gynecological inflammation
5. Prolonged bleeding can lead to anemia
6. The disease can cause blood infection, anal infection, anal abscess. There is a high risk of rectal cancer if not treated early
7. Choking with hemorrhoids makes walking and sitting difficult and painful

How to prevent and treat hemorrhoids

To limit hemorrhoids, you can refer to some simple prevention methods such as:

1. Avoid sitting for long, standing for too long. If you work in the office, you should stand up and move and walk after 1-2 hours.
2. Avoid carrying, carrying heavy loads
3. Drink plenty of water, about 40 ml / kg of weight per day
4. Develop a scientific diet to prevent fiber deficiency
5. Avoid using stimulants such as alcohol, beer, cigarettes .
6. Thorough treatment of diseases that cause prolonged coughing

For those who have been sick:

1. With hemorrhoids without hemorrhoids, internal hemorrhoids 2 are not effective in medical treatment, 3-4 internal hemorrhoids, hemorrhoids complications of congestion, suffocation, patients should consult a doctor to hospital surgery like cutting hemorrhoids .
2. With small hemorrhoids such as 1-2, external hemorrhoids, uncomplicated doctors will advise diet, living, work and drug treatment or tie hemorrhoids through endoscopy. You can also refer to functional foods that support hemorrhoids, health-protective foods to improve hemorrhoids at this stage.

Hopefully, with the above information, you have a better understanding of what **hemorrhoids are ? Hemorrhoids are dangerous** as well as effective prevention and treatment of diseases.

For hemorrhoids to not seriously affect your life, always listen to your body to promptly detect symptoms of hemorrhoids and have the most appropriate treatment. Wish you all are well!

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