

How to EXERCISE when you have haemorrhoids



ONE THING LEADS TO ANOTHER

The hard facts on constipation

Not everyone's bathroom habits are the same, but it is good to know if you are constipated as it could lead to haemorrhoids.

Constipation is defined as having fewer than three bowel movements per week.^{1a}

You may also experience the following if you are constipated:^{1b}



Your stools are dry and hard



Your bowel movement is painful and stools are difficult to pass



You have a feeling that you have not fully emptied your bowel

The link between constipation and haemorrhoids

If you are **constipated**, the food you eat **moves slowly** through your digestive tract, which gives the colon more time to **absorb water from the digested food (waste)**.^{1c}

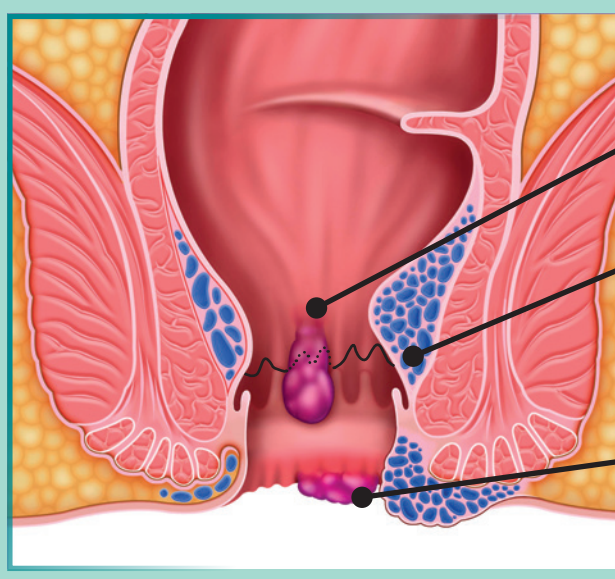
This causes the **stool to become dry and hard**.^{1c}

The **hard and dry stool** as well as the **straining** during bowel movements **increase the risk of haemorrhoids**.^{1c,d}

All about haemorrhoids

Haemorrhoids also known as piles, are swollen veins in your anus and lower rectum.^{2a,3a}

Haemorrhoids can be felt outside the anus (external) or can be hidden from view inside the rectum. (internal)^{2a,3a}



Internal haemorrhoids

Dentate line

External haemorrhoids

Symptoms depends on the type of haemorrhoid.

EXTERNAL HAEMORRHOIDS

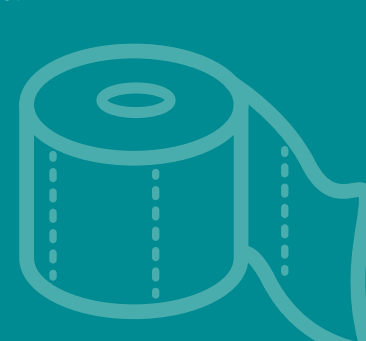
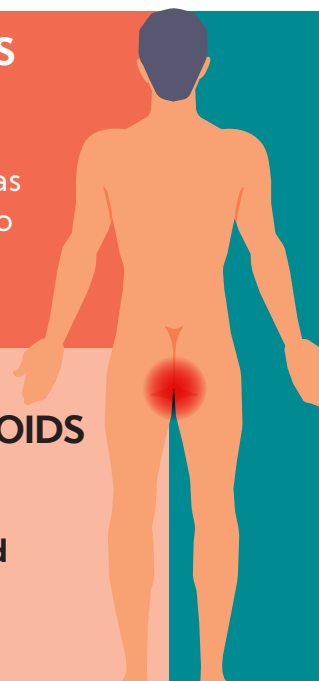
Symptoms of **external haemorrhoids** are **irritation or itching** in the anal region as well as pain and discomfort. You may also experience **swelling around the anus and bleeding**.^{3b}

THROMBOSED HAEMORRHOIDS

Symptoms of **thrombosed haemorrhoids** are **severe pain, swelling, inflammation and a hard lump near your anus**.^{3d}

INTERNAL HAEMORRHOIDS

Symptoms of **internal haemorrhoids** are caused by irritation or **straining** when passing stool. You may experience **painless bleeding during bowel movements** or notice a small amount of **blood on the toilet paper**.^{3c}



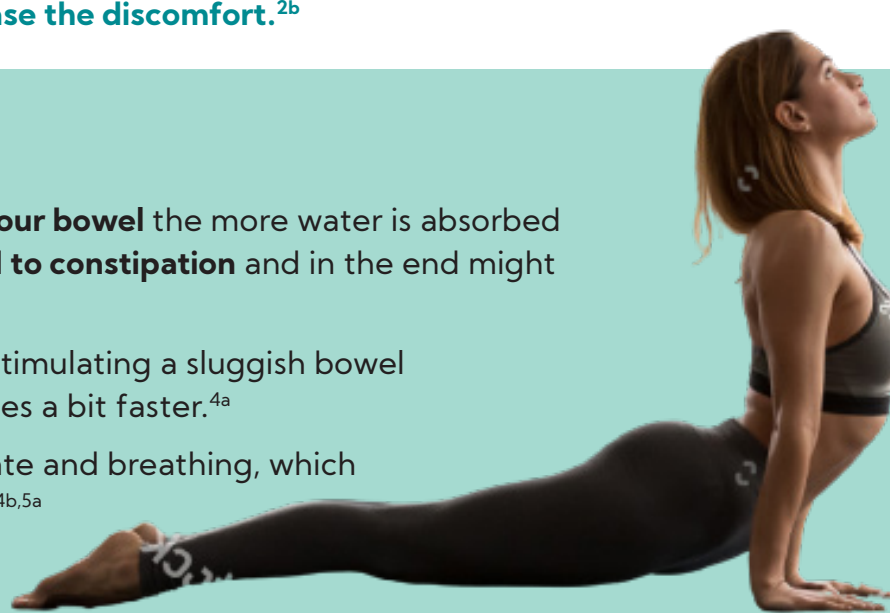
Haemorrhoids are common, occurring in both men and women. Although haemorrhoids do not usually cause serious health problems, they can be annoying and uncomfortable. **Fortunately, there are treatments that can help ease the discomfort**.^{2b}

What to do?

Remember **the longer food stays in your bowel** the more water is absorbed from waste (stool/poop), this can **lead to constipation** and in the end might **cause haemorrhoids**.^{1c,d}

Exercise can reduce constipation by stimulating a sluggish bowel and moving food through the intestines a bit faster.^{4a}

Exercising also increases your heart rate and breathing, which can help move stools out even faster.^{4b,5a}



Keep a regular exercise routine without exacerbating your haemorrhoid symptoms.

TRY ACTIVITIES SUCH AS:



Swimming



Running



Walking



Aerobic exercises.^{6k}

It is important to listen to your body, if it is too painful or feeling uncomfortable speak to your health care professional.

AVOID ACTIVITIES SUCH AS:^{7a}



Sit ups



Squats and similar movements



Weightlifting



Cycling

Exercises that put pressure on your abdominals, anal area, or haemorrhoids are best to avoid.^{7b}



Don't exercise after eating a meal, wait for at least an hour.

After eating, blood flow increases to your stomach and intestines. Exercising straight after eating forces the blood flow away from the stomach and to your heart and muscles instead. The strength of your gut muscle depends on the blood flow and if it is low, your intestine's contractions are weak and the food will move slowly through the intestine.^{5a}

ONE THING LEADS TO ANOTHER

such as constipation and haemorrhoids but exercise can help.

It can be difficult to get active when experiencing that uncomfortable feeling but speak to your health care professional to find out which activity is best for your body.



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