

Mayo Clinic Medical Edge
Preventing Hemorrhoids

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	USUALLY, ONE BOUT OF BOTHERSOME HEMORRHOIDS IS ENOUGH TO MAKE YOU SAY, 'NEVER AGAIN'. ACCORDING TO MAYO CLINIC GASTROENTEROLOGIST, DR. MARK LARSON, THE FIRST STEP TO PREVENTION IS TO...
Mark Larson, M.D.	"MAKE SURE THAT YOU TAKE CARE OF YOUR BOWEL HABITS... AVOID STRAINING, AVOID PERIODS OF CONSTIPATION."
	THE STRAINING PUTS PRESSURE ON THE VEINS IN THE AREA, CAUSING THEM TO BECOME SWOLLEN AND INFLAMED; A

	HEMORRHOID. JOBS THAT REQUIRE YOU TO SIT FOR LONG PERIODS OF TIMES CAN HAVE THE SAME EFFECT.
Dr. Larson	“TRUCK DRIVERS ARE PRONE TO GETTING HEMORRHOIDS.
Dr. Larson	“ADDING MORE FLUID AS WELL AS FIBER TO YOUR DIET MAY BE ALL THAT’S NECESSARY TO AVOID THOSE HARD CONSTIPATED STOOLS THAT RESULT IN DILATION OR ENGORGEMENT OF THOSE HEMORRHOIDAL VEINS.”
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG . I’M VIVIEN WILLIAMS.