

Tips For Managing HEMORRHOIDS Symptoms For Better Relief

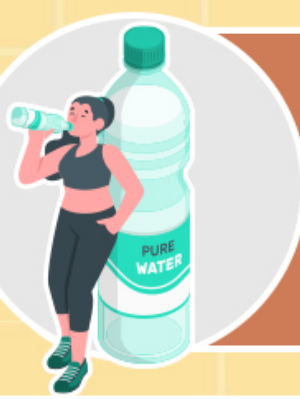


Walk or exercise daily



Eat more fiber-rich foods

Don't force or strain yourself when pooping



Drink adequate water

Maintain a healthy weight



Refrain from lifting heavy things

Avoid alcohol and caffeine to prevent constipation



Do not spend a long time on the toilet



Reference:

1. Piles (Haemorrhoids); NHS UK