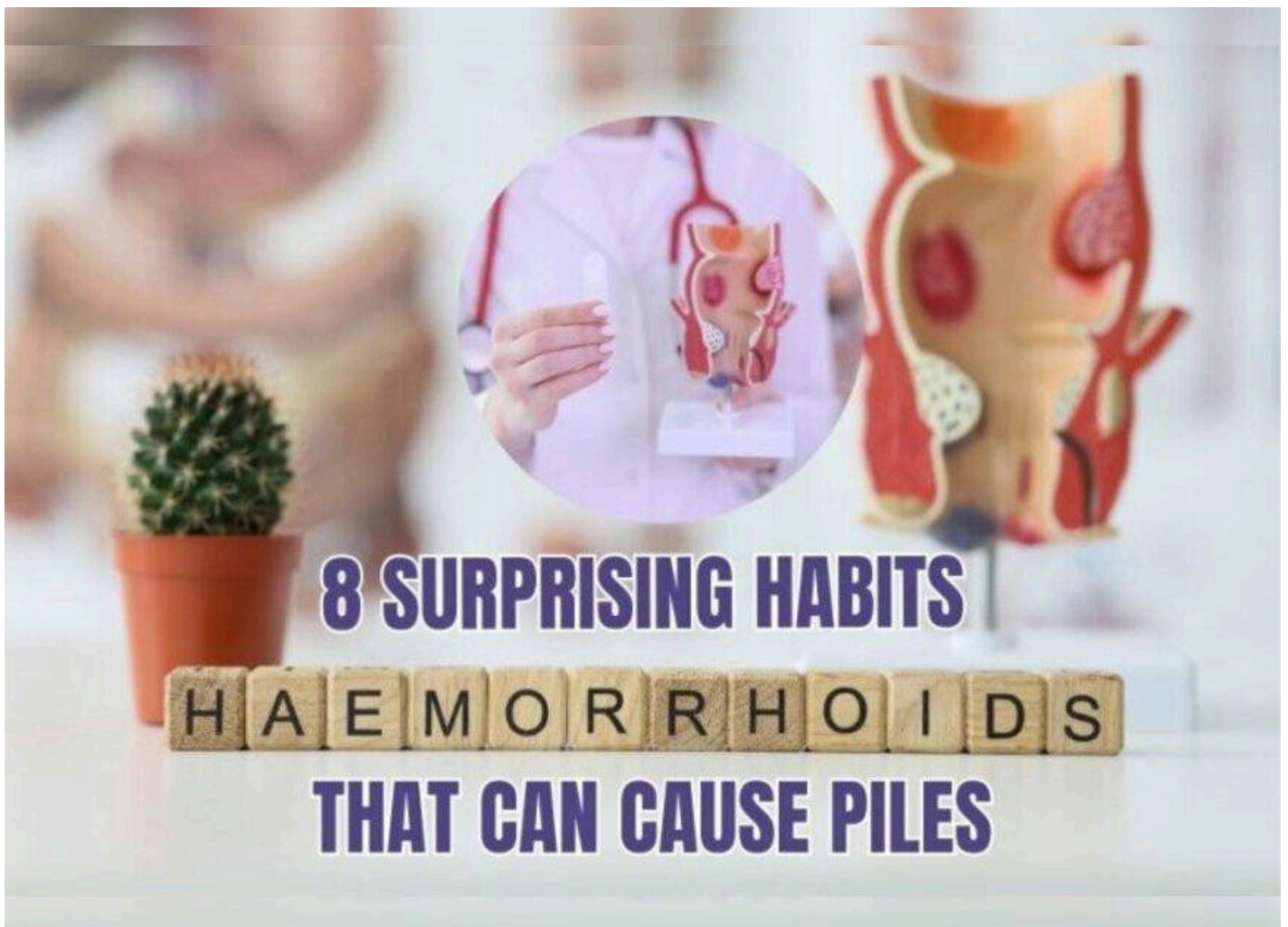




## 8 Harmless Habits You Didn't Know Can Cause Piles



Piles, also known as hemorrhoids, are a common medical condition characterized by swollen veins in the rectal or anal area. While they are often associated with chronic constipation or prolonged sitting, many seemingly [harmless habits](#) can inadvertently contribute to their development. Below are eight everyday habits that may unknowingly increase the risk of piles.

### 1. Prolonged Sitting

Spending extended hours sitting, whether at a desk, in front of the television, or during long commutes, can put undue pressure on the anal region. This sustained pressure restricts blood flow and can lead to the formation of hemorrhoids over time. Incorporating short breaks to stand, stretch, or walk every hour can significantly reduce this risk.

### 2. Skipping Fiber in Your Diet

A low-fiber diet is one of the most significant contributors to constipation, a leading cause of piles. Foods rich in dietary fiber, such as fruits, vegetables, whole grains, and legumes, help soften stools and promote healthy bowel movements. Neglecting fiber intake can result in straining during defecation, which exacerbates the chances of developing piles.

### 3. Excessive Straining

Straining while passing stools increases the pressure on rectal veins. This habit is often a result of constipation or a lack of patience during bowel movements. Avoid pushing forcefully and instead adopt healthy practices, such as sitting in a squat-like position or using a footstool to ensure easier elimination.

### 4. Ignoring the Urge to Go

Delaying bowel movements can cause stool to become harder and more difficult to pass. This not only increases the likelihood of straining but also contributes to irritation of the rectal lining. Responding promptly to the natural urge can prevent unnecessary complications.

### 5. Overuse of Laxatives

While laxatives can provide temporary relief from constipation, excessive or frequent use can weaken the bowel muscles over time. Dependency on these aids may lead to irregular bowel habits, inadvertently increasing the risk of piles. Instead, focus on natural remedies like hydration, fiber, and exercise.

### 6. Heavy Weightlifting

Engaging in activities that require lifting heavy weights, whether at the gym or during physical labor, can strain the pelvic floor muscles. This strain can lead to increased abdominal pressure, affecting the rectal veins. To minimize the risk, use proper lifting techniques and avoid overexertion.

### 7. Chronic Coughing or Sneezing

Persistent coughing or sneezing due to allergies, respiratory conditions, or smoking can create repeated pressure in the abdominal and pelvic regions. Over time, this repetitive strain may contribute to the development of piles. Treating the underlying cause of chronic coughing and staying hydrated can mitigate this risk.

### 8. Poor Hydration

Dehydration results in harder stools, which are more challenging to pass. Drinking adequate water daily helps maintain soft stools, reducing the need for straining during bowel movements. Proper hydration also supports overall digestive health and prevents complications related to constipation.

By understanding how these seemingly innocuous habits can affect rectal health, individuals can take proactive steps to reduce their risk of piles. Simple adjustments to lifestyle, diet, and daily routines can go a long way in maintaining a healthy digestive system and preventing the discomfort associated with hemorrhoids.

## Reaching the Clinic

Dr. Bhavesh Doshi's clinic is located at:

[Dhaval Apartment, Factory Lane, near Railway Station, Bhatt Chawl, Mini Zaveri Bazaar, Mhatre Wadi, Borivali West, Mumbai, Maharashtra 400092.](#)

**Directions for Patients:**

- From Western Line: Take a local train to Borivali station. The clinic is a short walk or auto-rickshaw ride away.
- From Central Line: Connect to the Western Line at Dadar or Andheri station, and proceed to Borivali.
- For Patients Outside Mumbai: Travel to Mumbai via train, bus, or flight. From the airport or railway station, use local transport to reach Borivali West.

With expert care and a convenient location, Dr. Doshi's clinic provides exceptional pediatric surgical services for families across Mumbai and beyond.