

Pain in the Arse for Truck Drivers

Hemorrhoids

A taboo subject that doesn't really get talked about but is a real issue that affects many drivers due to the nature of the job.

Long hours of sitting in one position combined with poor diet choices can be contributing factors.

Sitting for long periods can lead to an increased pressure on rectal veins resulting in hemorrhoids, along with a lack of fibre in the diet and dehydration

It is essential truck drivers are aware of potential health issues and learn to spot the signs and manage them accordingly to avoid them getting worse.

Hemorrhoids can lead to bleeding and pain which can cause discomfort for drivers. If left untreated, hemorrhoids can risk infection and complications so it is essential you don't ignore the signs and act accordingly.

Treating Hemorrhoids

There are over the counter creams that can help, however seeking medical advice is recommended.

Especially if it is not something you have experienced before, or is an ongoing issue.

Tips to preventing hemorrhoids

- Take regular breaks, stand and stretch your legs
- Maintain a balanced diet rich in fibre and remember to stay hydrated
- Engage in light exercises like walking where possible
- Avoid straining while passing stools by not sitting for prolonged periods.

