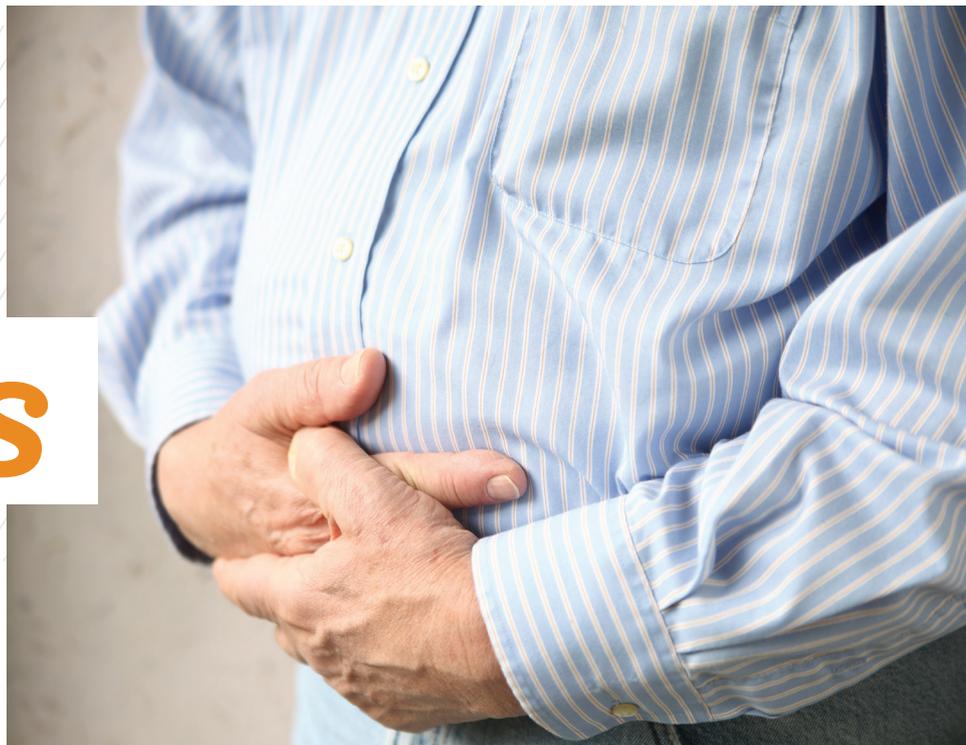


THE HIDDEN WORLD OF *Hernias*



As you age, your groin and abdominal muscles weaken. Natural wear and tear plus pressure that comes from within the abdomen itself can lead to a hernia.

There are two types of hernias — those that we are born with (congenital) and those we acquire over our lifetime. Hernias present as abnormal protrusions or bulges, usually associated with some degree of discomfort or pain. The most common type of hernia is found in the groin and is called an inguinal hernia. Other common types of hernia include those around your belly button (umbilical) or in a scar from a previous incision (incisional). Hernias may begin as small bulges and may not be painful; however, as they enlarge they typically cause more discomfort. The concern about hernias is that bowel can get stuck in the hernia, blocking the blood flow to that loop of bowel which would create a surgical emergency.

THE SURGICAL SOLUTION

If you have a hernia, the only way to fix it is with surgery. Hernia surgery is a safe and effective way of fixing the defect, which is

causing you discomfort, and will prevent injury to the bowel. In rare instances, mesh is necessary to use to ensure a long-term durable repair.



EASY DOES IT

It's not always possible to prevent a hernia, but there are steps you can take to reduce your risk:

- Avoid smoking.
- Include plenty of fiber in your diet and drink lots of water to prevent constipation and straining during bowel movements.
- Maintain a healthy weight.
- Use proper technique when lifting heavy objects. Squat, instead of bending forward, and use your legs to lift instead of your back.



Treatment for a hernia involves a simple procedure and will ease your discomfort. At Cottage Surgical Clinics, Mark Davis, M.D., FACS, provides surgical repair for all types of hernias. So don't wait.

**CALL DR. DAVIS FOR AN
APPOINTMENT AT 866-223-8986.**

IGNORANCE ISN'T BLISS

Ignoring a hernia can have serious consequences. If you allow a hernia to go untreated, the piece of tissue or bowel can get stuck, or incarcerated, and it can't be pushed back in. This situation is dangerous because it can lead to strangulation, where the bowel or organ loses its blood supply, creating a life-threatening emergency and the need for urgent surgery. Signs of a strangulated hernia include:

- A bulge that can't be pushed back into the abdominal cavity
- Severe, unrelenting pain
- Redness of the skin over the hernia
- Nausea/vomiting

If you notice any of these signs, go to the nearest emergency room.