

### **Inguinal Hernia**

Inguinal hernia occurs when a weak spot in the abdominal wall develops allowing intestines or other tissue to protrude through. This often results in a painful bulge that can be felt on exam and sometimes seen. They typically worsen with time and do not heal on their own. These can lead to life threatening complications if they become incarcerated and strangulated. This occurs when intestines are stuck in the hernia and cannot be reduced and may become ischemic and die.

#### **Signs and symptoms that are commonly experienced may include**

- Pain (exacerbated by sitting or bending over, coughing, or sneezing, and heavy lifting)
- Bulging area near the groin
- Feeling of pressure near the groin
- For males, pain and pressure may radiate to the testicles

#### **Prevention**

- Achieve and maintain a healthy
- Eat a well-balanced diet, high in fiber
- Avoid heavy lifting
- Do not smoke

#### **Diagnosis**

- Most hernias can be diagnosed on a physical exam.
- Occasionally additional imaging such as an ultrasound or CT will be done to confirm the diagnose or to help plan surgery.

#### **Treatment**

Hernias do not go away on their own. They typically get worse with time. It is important to get treatment early to prevent worsening and potential life threatening complications. Most hernias are treated with surgery. Surgery can be done laparoscopically or in an open fashion. This is often done as an out-patient procedure. Placement of mesh is often needed for adequate repair of the hernia.

It is essential to respect your recovery period and follow the guidelines on activity restrictions to help prevent recurrent hernias.