

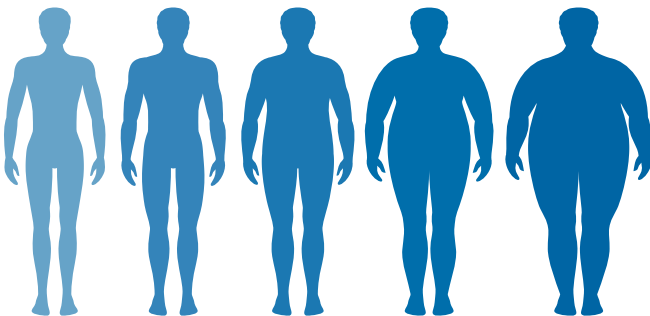
WHAT IS A HERNIA?



A hernia is tissue in your body that is bulging out of position into an area it doesn't belong. This occurs when structures meant to hold the tissue in place either weaken or a hole forms.

Hernia risk factors include:

- Obesity
- Pregnancy, especially multiple pregnancies
- Chronic constipation
- Jobs or hobbies that include heavy lifting, straining, or long hours of standing
- Smoking



WHO GETS HERNIAS?

Hernias impact both men and women, but are more common in men. Babies can also get hernias which means their abdominal walls haven't fully formed and tissue escapes through a natural weak spot in their bellies.

Types of Hernias:

- Inguinal: Located in the groin, more common in men
- Femoral: Located in the upper thigh/outer groin, more common in women
- Umbilical: Occurs around the belly button, common in infants and pregnant women
- Hiatal: Part of the stomach pushes through the diaphragm into the chest cavity
- Incisional: Occurs at the site of a previous surgical incision



POTENTIAL SYMPTOMS

People experience a range of symptoms with hernias. Most often, it's a lump with pain, swelling or discomfort at the hernia site.

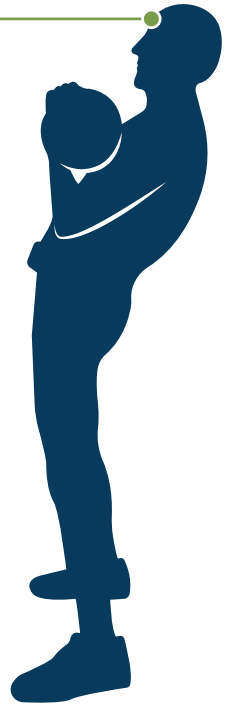
If you notice a bulge that becomes painful or increases in size, experience nausea, vomiting or symptoms of bowel obstruction, if the hernia cannot be pushed back in or if the area becomes tender or discolored, **SEE A DOCTOR.**

HOW ARE HERNIAS REPAIRED?

Surgery is the only way to repair a hernia. Your provider will make personalized treatment recommendations based on the size, location and symptoms associated with your hernia.

WAYS YOU CAN PREVENT A HERNIA:

- Avoid heavy lifting
- Avoid smoking
- Eat a high-fiber diet
- Exercise regularly
- Maintain a healthy weight
- Manage chronic conditions like COPD or urinary issues
- Stay hydrated
- Strengthen core muscles
- Treat persistent coughs
- Use proper techniques when lifting heavy objects



Early detection and lifestyle modifications can significantly reduce the risk and complications associated with hernias.