

# **PATIENT EDUCATION CONTENT**

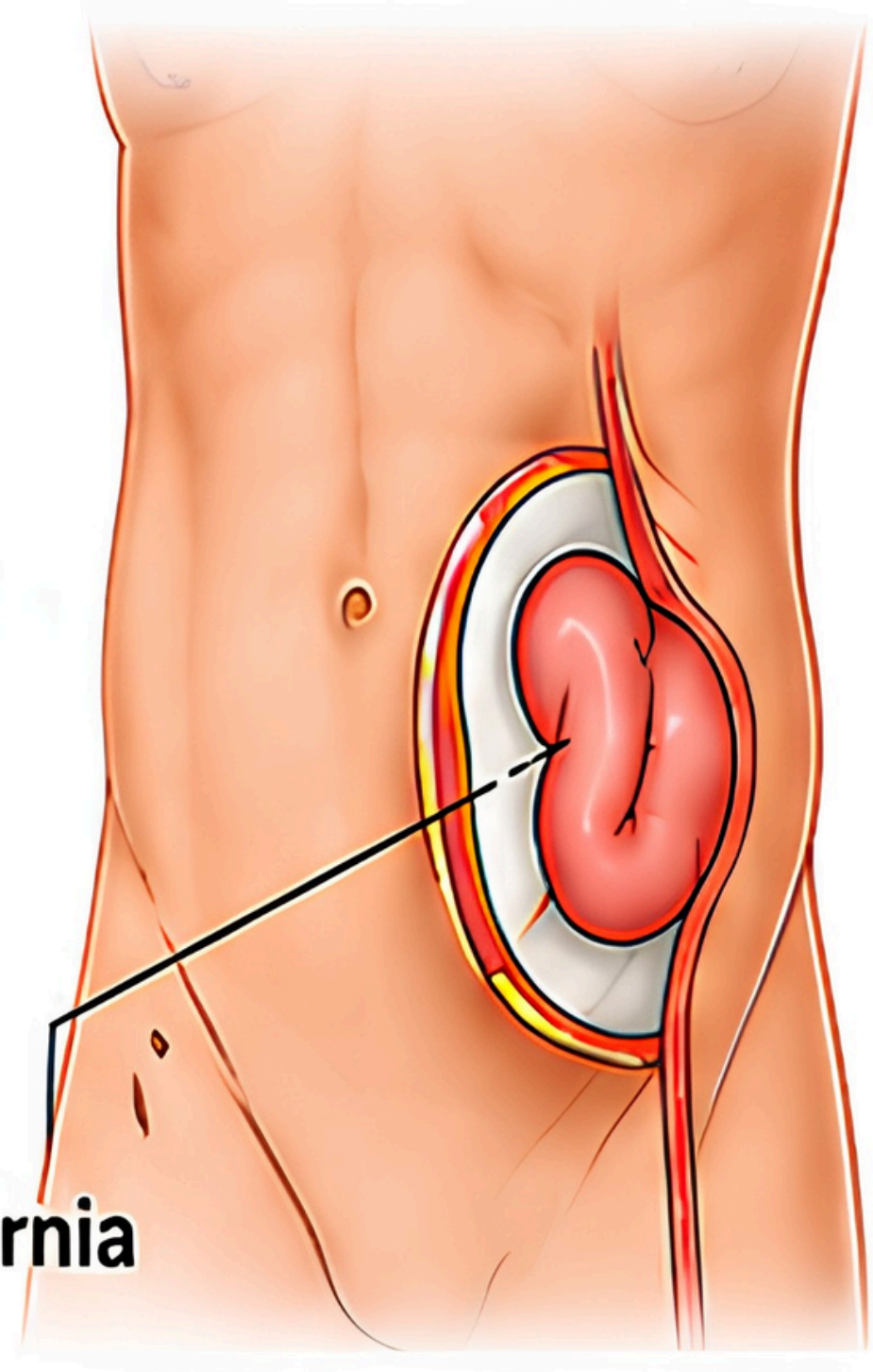
## ***Hernia***

# HERNIA: OVERVIEW

## DEFINITION

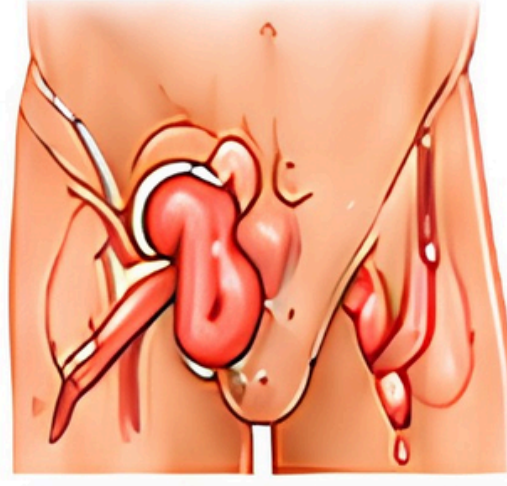
A hernia occurs when an internal organ or fatty tissue pushes through a weak area in the surrounding muscle or connective tissue, usually in the abdomen or groin.

Hernia

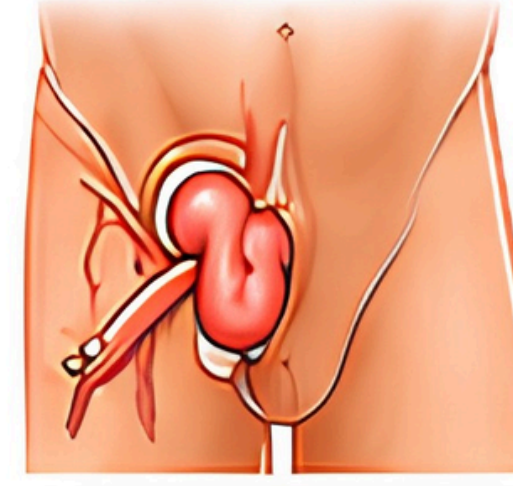


## TYPES OF HERNIA

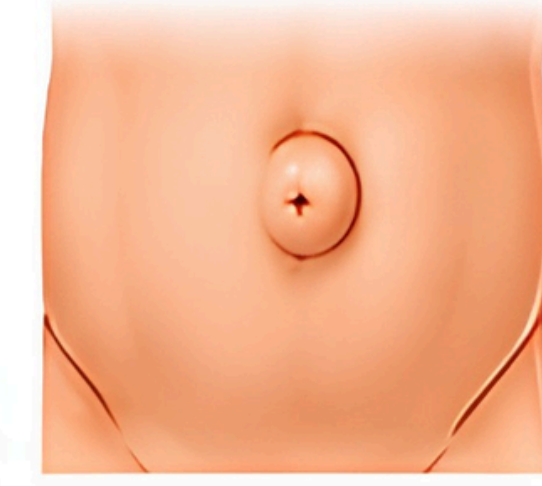
1. Inguinal Hernia



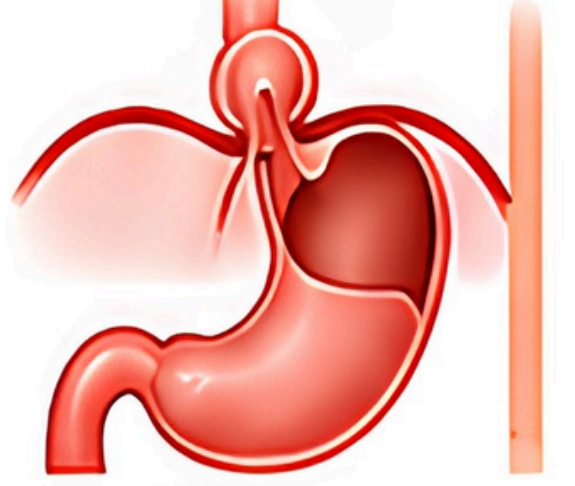
2. Femoral Hernia



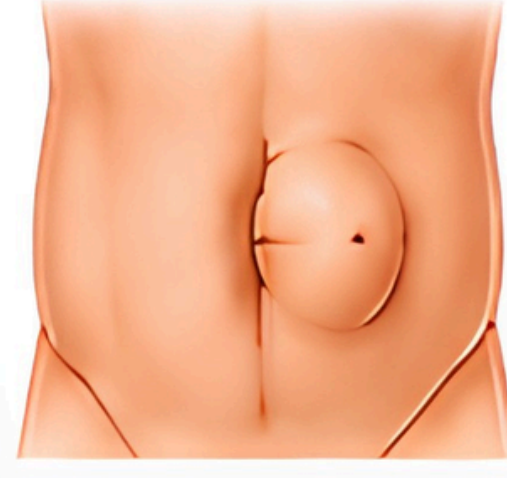
3. Umbilical Hernia



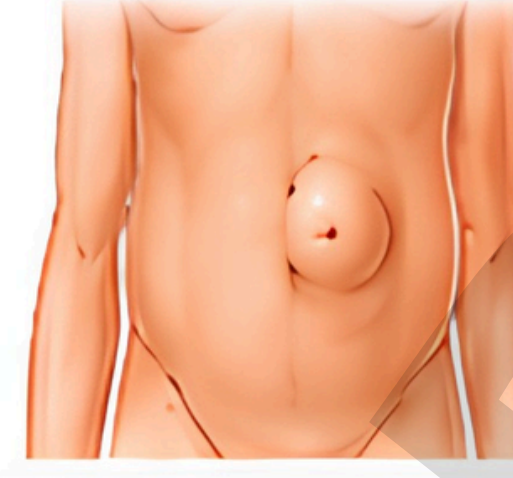
4. Hiatal Hernia



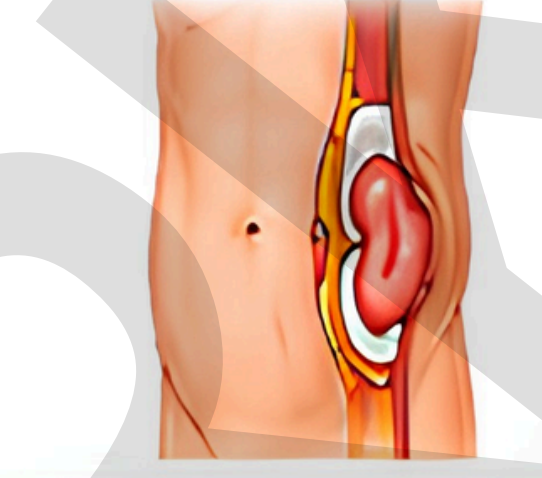
5. Incisional Hernia



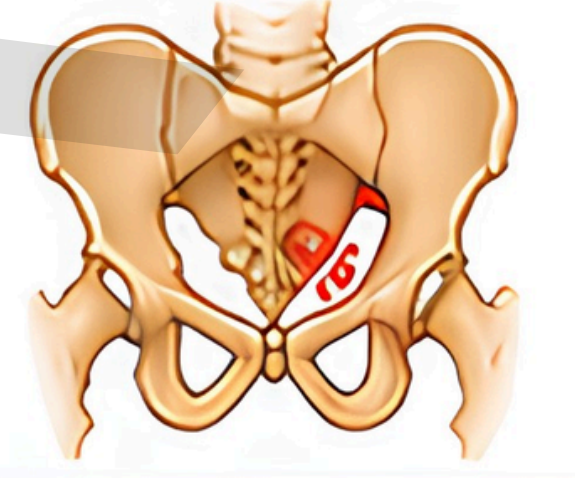
6. Epigastric Hernia



7. Spigelian Hernia

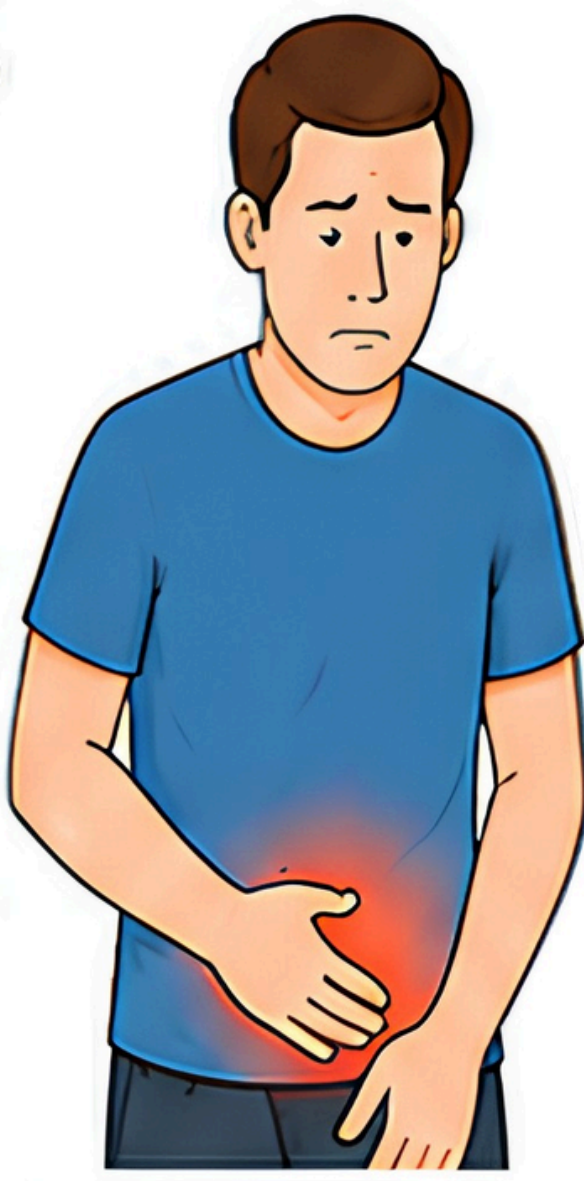


8. Obturator Hernia



## SYMPTOMS

- Visible bulge or lump
- Pain or discomfort
- Swelling
- Heaviness or pressure
- Heartburn (hiatal hernia)
- Nausea or vomiting (severe cases)



## CAUSES

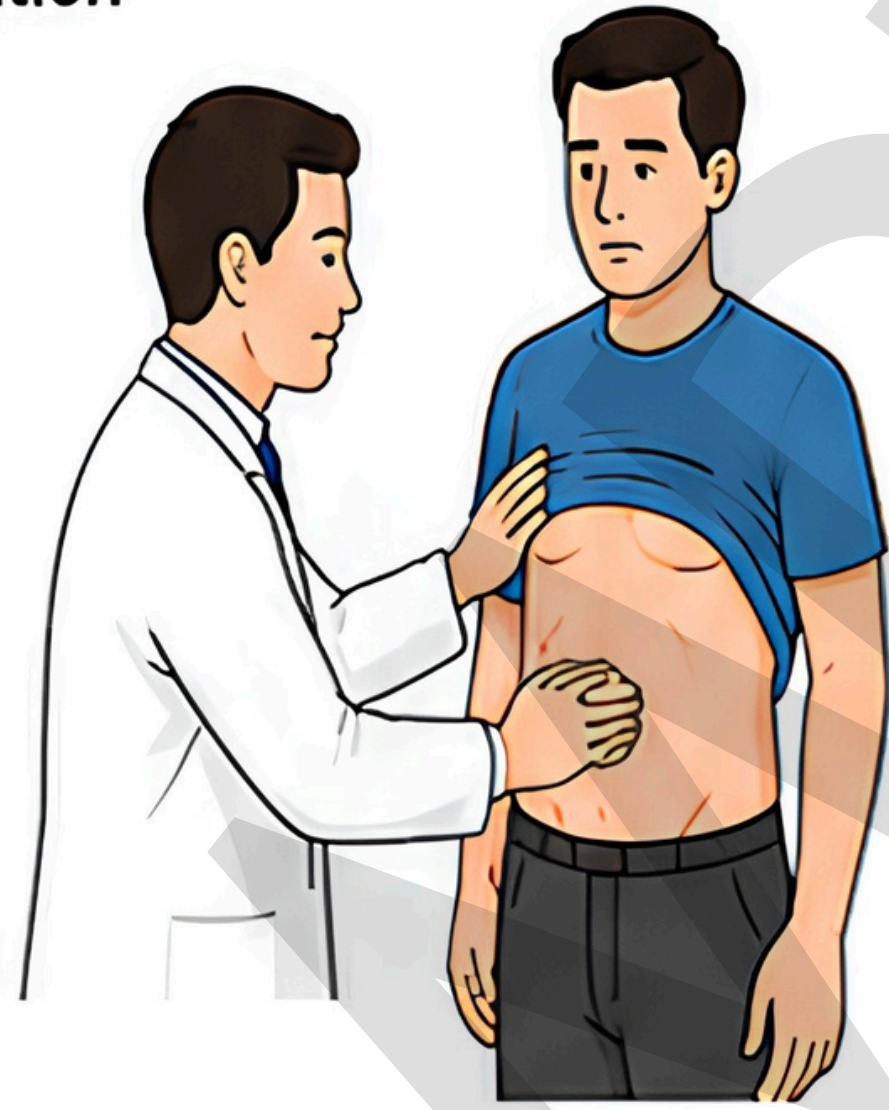
- Weak abdominal muscles
- Heavy lifting
- Chronic coughing
- Constipation
- Pregnancy
- Obesity
- Previous surgery

## RISK FACTORS

- Aging
- Male gender
- Obesity
- Smoking
- Pregnancy
- Family history
- Heavy physical work
- Chronic cough

## DIAGNOSIS

- Physical examination
- Ultrasound
- CT scan
- MRI
- Endoscopy (for hiatal hernia)



## TREATMENT

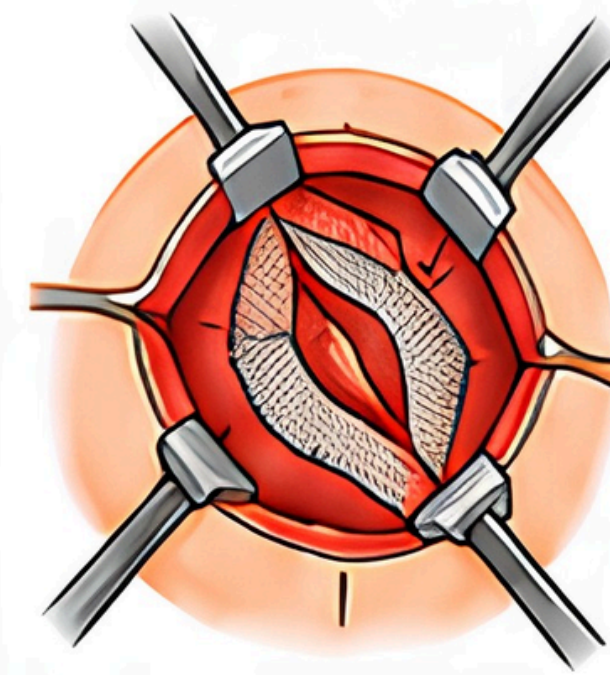
### 1. Non-Surgical

- Watchful waiting (small hernias)
- Lifestyle changes
- Medications (for hiatal hernia)



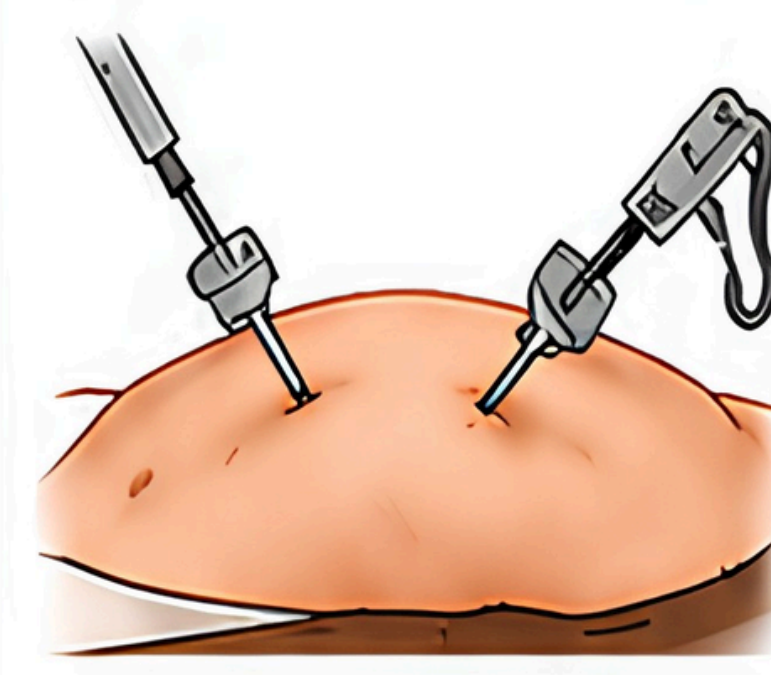
### 2. Surgical

#### Open Surgery



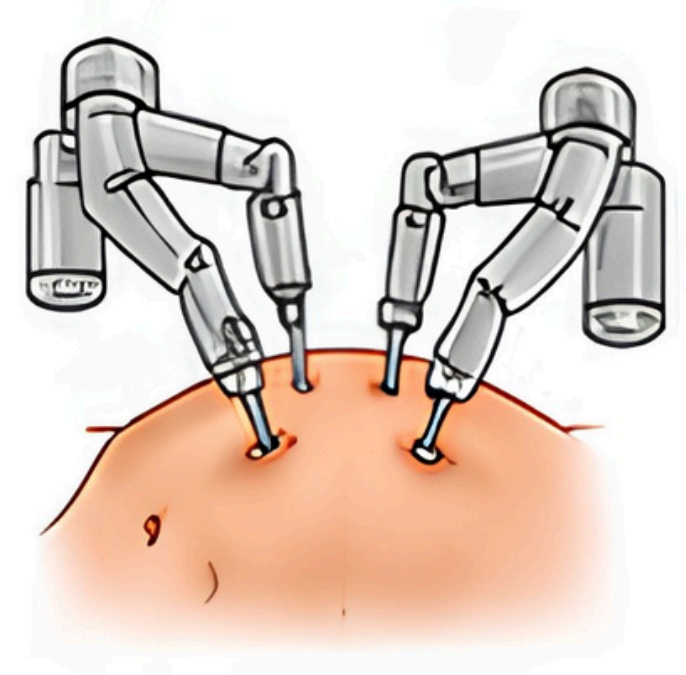
Traditional surgery with incision.

#### Laparoscopic Surgery



Minimally invasive surgery with small incisions.

#### Robotic Surgery



Advanced minimally invasive surgery using robotic arms.

## PREVENTION



Maintain a healthy weight



Avoid heavy lifting



Eat high-fiber diet to prevent constipation



Stop smoking



Exercise regularly & strengthen core muscles



Treat chronic cough promptly



Avoid straining during bowel movements

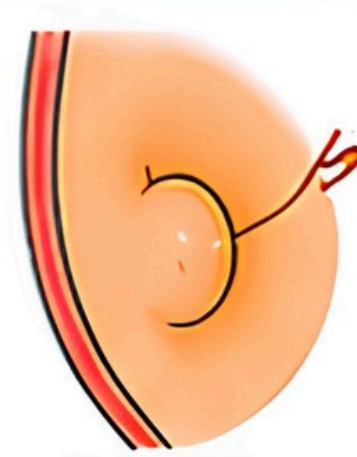


Follow post-surgery instructions carefully

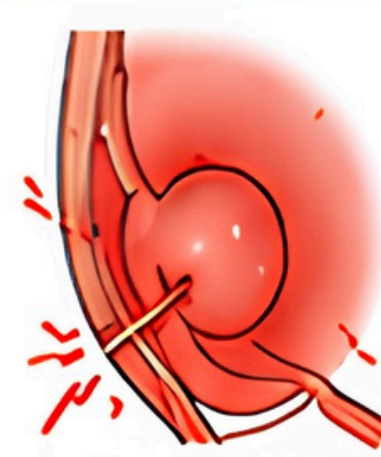
## SEEK IMMEDIATE MEDICAL CARE IF:



Sudden, severe pain



Bulge becomes hard or tender



Redness or discoloration over the bulge



Fever



Persistent nausea or vomiting



Signs of bowel obstruction (severe pain, bloating, inability to pass gas or stool)

These may indicate an incarcerated or strangulated hernia, which requires urgent surgical treatment.