

Fast Facts

Hernias

<i>Type</i>	<i>Location</i>	<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<i>Inguinal</i>	Outer Groin	-Bulge on either side of the groin (more pronounced if you cough or strain)		
<i>Femoral</i>	Inner Groin	-Burning/aching sensation at the area -Pain/discomfort in the area (especially when coughing/ lifting/bending over) -Men will have pain/swelling in their testicles (inguinal)	-Gently push the bulge back in -Small hernia = wait and see -Large or painful = surgery to repair damage or place mesh inside the abdomen (regular surgery or laparoscopic)	-Maintain healthy weight -High fiber diet - Lift heavy objects carefully (use proper lifting techniques) -Avoid lifting heavy objects when possible -Don't rely on an abdominal truss -Don't smoke or stop smoking
<i>Umbilical</i>	Around Naval	-Bulge in/around the naval		
<i>Incisional</i>	Around previous surgery site	-Bulge in/around old surgery site		
<i>Hiatal</i>	Inside abdomen in between chest/abdomen	-Heartburn -Belching -Difficulty swallowing -Chest/abdominal pain -Feeling extremely full after meals -Vomiting blood or passing black stools (sign of a serious medical condition- gastrointestinal bleeding)	-Control heartburn -Prevent symptoms from occurring -Surgery for severe cases	-Eat smaller, more frequent meals -Avoid food that trigger heartburn or gas (fried foods or alcohol) -Don't eat within two to three hours of going to bed. -Elevate the head of your bed 6 inches - Lose weight

<i>Incarcerated Hernia with Strangulation</i>	Any hernia location	<ul style="list-style-type: none"> -Nausea/vomiting -Fever -Sudden pain that quickly intensifies in the area of the hernia -Hernia bulge that turns red/purple/dark colored -Inability to move bowels or pass gas 	-Emergency surgery	<ul style="list-style-type: none"> -Monitor your hernia -See your doctor regularly
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