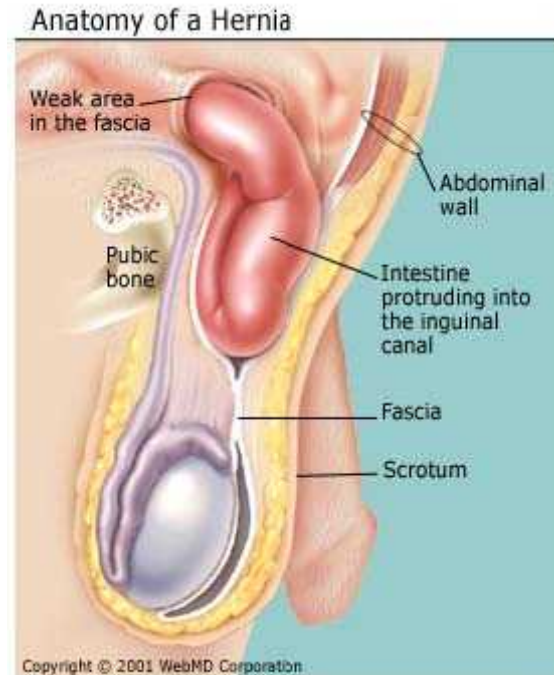


WHAT IS HERNIA?



A hernia occurs when an organ pushes through an opening in the muscle or tissue that holds it in place. For example, the intestines may break through a weakened area in the abdominal wall. Hernias are most common in the abdomen, but they can also appear in the upper thigh, belly button, and groin areas.

TYPES OF HERNIAS INCLUDE:

- Inguinal hernia.
- Femoral hernia.
- Umbilical hernia.
- Incisional hernia.
- Epigastric hernia.
- Hiatal hernia.

REASON OF HERNIA

Hernias are caused by a combination of muscle weakness and strain. Depending on its cause, a hernia can develop quickly or over a long period of time. Common causes of muscle weakness include: failure of the abdominal wall to close properly in the womb, which is a congenital defect.

SYMPTOMS OF HERNIA

- A bulge in the area on either side of your pubic bone, which becomes more obvious when you're upright, especially if you cough or strain.
- A burning or aching sensation at the bulge.
- Pain or discomfort in your groin, especially when bending over, coughing or lifting.