

A Comprehensive Guide to Hernia Patient's Journey



What is a Hernia?

Hernias are a very common medical condition that occurs when an organ or fatty tissue bulges through a weak spot in the muscle wall or fascia (the thin lining of connective tissue surrounding most parts of the body) containing it.¹

Each year roughly 5 million Americans experience a hernia, and over one million hernia repair surgeries are performed.^{1,2} Although hernias are very common, they are more prevalent in men than women. Approximately 1 in 4 men (25%) and 1 in 50 women (2%) will require surgery for hernia repair during their lifetime.¹ While hernias can oftentimes be painless, it is important to know the signs and symptoms of a hernia to help prevent further complications.

Common Hernia Symptoms^{3,4,5}

Although hernias can be asymptomatic, symptoms commonly seen in people with hernias include:

- Appearance of a bulge while coughing, lifting items, going to the bathroom, or performing other strenuous activities.
- Discomfort or pain at the site of a bulge.
- Heartburn.
- Constipation.
- Weakness.
- Feeling full.

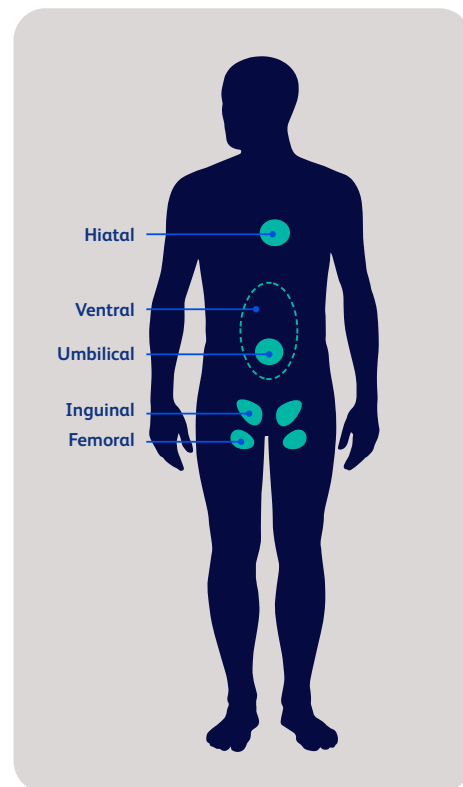
Types of Hernias:

There are three main types of hernias: **inguinal** (in the groin), **femoral** (in the thigh), and ventral. Ventral is an umbrella term for hernias that occur mostly along the vertical midline of your abdomen that can be broken down into **umbilical** (near the belly button), **incisional** (near the site of a scar from a previous surgery), and **hiatal** (near the diaphragm) hernias.

If you're unsure what your symptoms are indicating, here are some common locations hernias can occur in:

- In your lower chest through your diaphragm. (Hiatal)
- In your groin through your lower abdominal wall. (Inguinal, Femoral)
- Along the front midline of your abdomen near your belly button. (Umbilical)
- Near a former abdominal surgical incision. (Incisional)

Read the full [Comprehensive Guide to Hernias](#).



1. <https://www.fda.gov/medical-devices/implants-and-prosthetics/hernia-surgical-mesh-implants> 2. <https://www.trihealth.com/dailyhealthwire/living-well/health-tips/what-to-know-about-hernias-and-hernia-repair>
3. <https://www.medscape.com/answers/189563-45214/what-are-the-sex-related-demographics-for-abdominal-inguinal-hernias> 4. <https://www.stamfordhealth.org/healthflash-blog/surgery/hernia-types-risk-factors/> 5. <https://www.scnv.com/blog/8-silent-signs-you-have-a-hernia>