

Hernia Signs & Symptoms Checklist



? Do you have:

An unknown bulge in your abdomen or groin area?

Discomfort or pain in your abdomen or groin when you bend or lift something?

Acid reflux, difficulty swallowing, or regurgitation?

You may be affected by a hernia. Every year, over **5 million** people are diagnosed with a hernia.¹ If you answered **yes** to any of these questions, you may want to consult a doctor about a possible hernia.

! In addition, you may want to consult a doctor about the likelihood of experiencing a hernia if you have:²

A job that involves heavy lifting or many hours of standing.

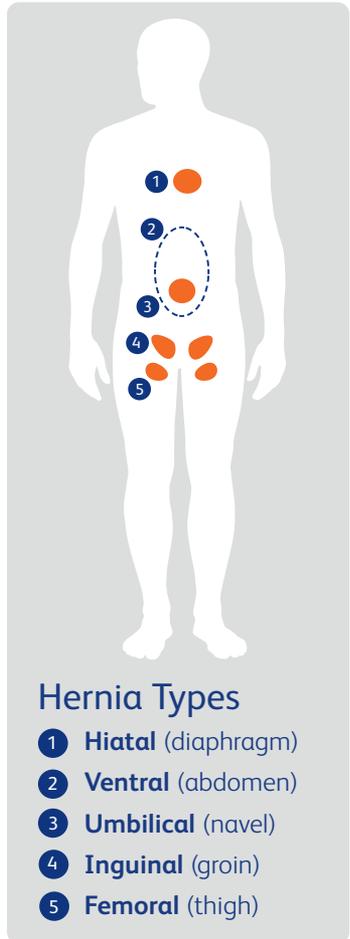
A chronic cough or allergies that cause chronic sneezing.

Chronic constipation and straining to poop or pee.

A history of abdominal or pelvic surgery.

Pregnancy or repeat pregnancies.

Chronic obesity and a body mass index (BMI) of greater than 30.



Hernia Types

- 1 **Hiatal** (diaphragm)
- 2 **Ventral** (abdomen)
- 3 **Umbilical** (navel)
- 4 **Inguinal** (groin)
- 5 **Femoral** (thigh)

As you prepare for your hernia consultation, write a few notes or questions you may have, and check out our Doctor Discussion Guide for additional guidance.

Do you think you may have a hernia?

[Find a local surgeon](#) to schedule a hernia consultation.