

Inguinal Hernia

Common Signs & Symptoms Checklist

Do you have:¹

- Pressure or heaviness in the groin?
- Pain in the groin, especially while lifting, coughing, straining, or bending over?
- A burning or pinching sensation through your pelvis or down your leg?

Do you have a chronic health condition that can raise abdominal pressure, such as:²

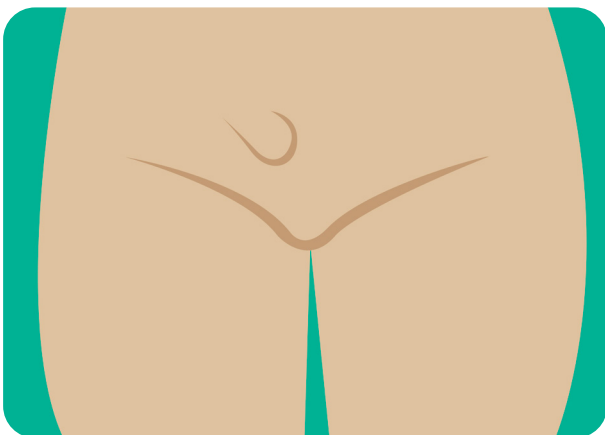
- Advanced age (being between 75-80 years old)³?
- A connective tissue disorder?
- An opening or weak spot in your abdomen (present at birth or from previous abdominal surgery)?
- Chronic coughing or sneezing?
- Straining during bowel movements or urination?
- Frequent, strenuous exercise, lifting, or manual labor?
- Obesity?
- Pregnancy?

Are you male (or assigned male at birth) and have:³

- Had a prostatectomy?
- Family history of inguinal hernias?
- Lower body mass index (BMI)?

If you answered yes to any of these, you may want to consult a doctor about the likelihood of experiencing an [inguinal hernia](#). Accounting for 75% of all hernias, inguinal hernias (commonly referred to as groin hernias) mostly affect men or people assigned male at birth (AMAB). However, they can be present in newborns or children and occur when part of your bowel protrudes into the passageway that runs down your inner thigh (the inguinal canal).

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.



1. Cleveland Clinic, Inguinal Hernia, <https://my.clevelandclinic.org/health/diseases/16266-inguinahernia> 2. John Hopkins, <https://www.hopkinsmedicine.org/health/conditions-and-diseases/hernias/inguinal-hernia#:~:text=An%20inguinal%20hernia%20is%20a,intestines%20inside%20the%20lower%20abdomen> 3. <https://www.niddk.nih.gov/health-information/digestive-diseases/inguinal-hernia>