

Ventral Hernia Common Signs and Symptoms Checklist

Do you have:

A noticeable bulge that appears in your front abdominal wall?

Does it become more noticeable when you:

Laugh or cry?

Cough or sneeze?

Strain or poop?

Bend, lift, or exercise?

Do you have an underlying health condition including, but not limited to:^{1,2}

Chronic or severe coughing or vomiting?

An abdominal injury or surgery?

Aging and natural muscle degeneration?

Chronic obesity?

Pregnancy and childbirth?

Chronic constipation?

Congenital birth defect(s)?

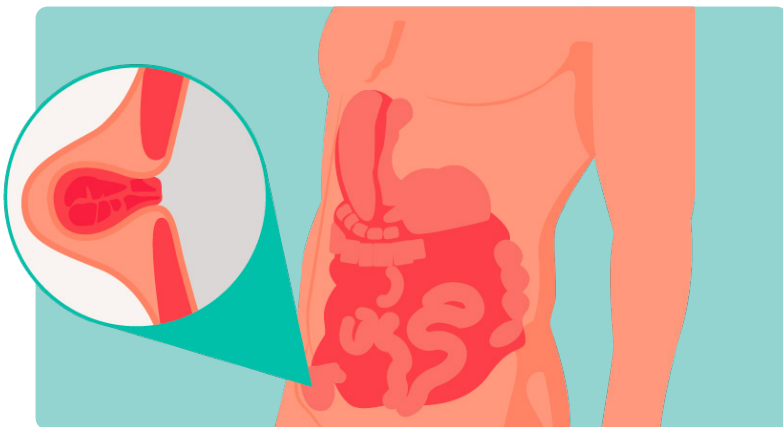
Connective tissue disease(s)?

Diabetes?

COPD, emphysema, or other breathing-related disorders?

If you answered yes to any of these, you may want to consult a doctor about the likelihood of experiencing a ventral hernia. Often visible when you stand up, cough, or strain your muscles, ventral hernias typically create a bulge near your abdomen region. Learn more about [ventral hernias](#) on our blog.

Ready for your hernia consultation? Find a [local doctor](#) near you. As you prepare, write a few notes or questions you may have, and check out our [Doctor Discussion Guide](#) for additional guidance.



The information on this page follows general guidelines that should be discussed with your doctor. This document is for informational and educational purposes only. It does not substitute for medical advice. If in doubt, always consult your doctor.

1. Health Line, Incisional Hernia <https://www.healthline.com/health/incisional-hernia#causes>

2. John Hopkins, Incisional Hernia, <https://www.hopkinsmedicine.org/health/conditions-and-diseases/hernias/incisional-hernia>