

Title: What is An Inguinal Hernia? Diagnosis and Treatment

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Abstract: Inguinal hernias are common in middle-aged males. This pamphlet describes the importance of why patients need to understand the symptoms of hernias and when to seek medical advice. Patients are also informed on prevention strategies for inguinal hernias as well as the different treatment options that are available. Two options include surgery and watchful waiting.

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TESTS AND DIAGNOSIS

Testing for an inguinal hernia is quick and easy. All your doctor will need to do is a **physical exam**.

Your doctor will exam the groin area and check for bulging. Coughing and straining (such as in a bowel movement) will increase your hernia. Your doctor may ask you to cough and strain while checking for a hernia.



For more information on inguinal hernias:

Inguinal hernia
Mayo Clinic
www.mayoclinic.com

Medline Plus
<http://www.nlm.nih.gov/medlineplus/tutorials/inguinalhernia/htm/index.htm>

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WHAT IS AN INGUINAL HERNIA?

DIAGNOSIS AND TREATMENT

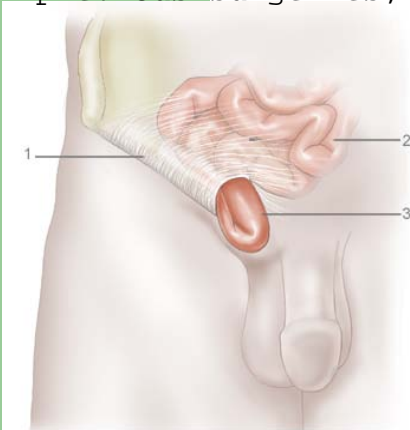
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WHAT IS A HERNIA?

An inguinal occurs when the soft tissue from inside your abdomen enters through a weak spot or tear in your lower abdominal wall. They are more common in men.

Causes

- o Increased pressure from within the abdomen from coughing, straining, heavy lifting, pregnancy or obesity
- o A weak spot in the abdomen wall (from previous surgeries, etc)



Picture of inguinal Hernia. 1) Inguinal ligament 2) Intestine 3)Hernia

SYMPTOMS

Some hernias may not present with any symptoms. You may not even know about your hernia until you visit your doctor. These are the most common symptoms

- o A bulge in either side of the groin area
- o Pain or discomfort in the groin
- o Increased pain with coughing, standing, or heavy lifting
- o Men may have pain and swelling around their testicles

WHEN TO SEE A DOCTOR

- o If you notice a bulge in your groin area that may or may not be painful
- o If you are unable to "push" the bulge back in
- o If you are experiencing fever, chills, nausea or vomiting, or the bulge turns red or purple



TREATMENTS

- o Watchful waiting- your doctor may have you try a period of watchful waiting. You are to let the doctor know if symptoms worsen
- o Surgery- If your hernia is causing pain and discomfort, your doctor may choose surgery.

You may also help to prevent the hernia by some of these steps:

- o Lose weight
- o Eat a healthy diet high in fiber
- o Avoid lifting heavy objects
- o Stop smoking