

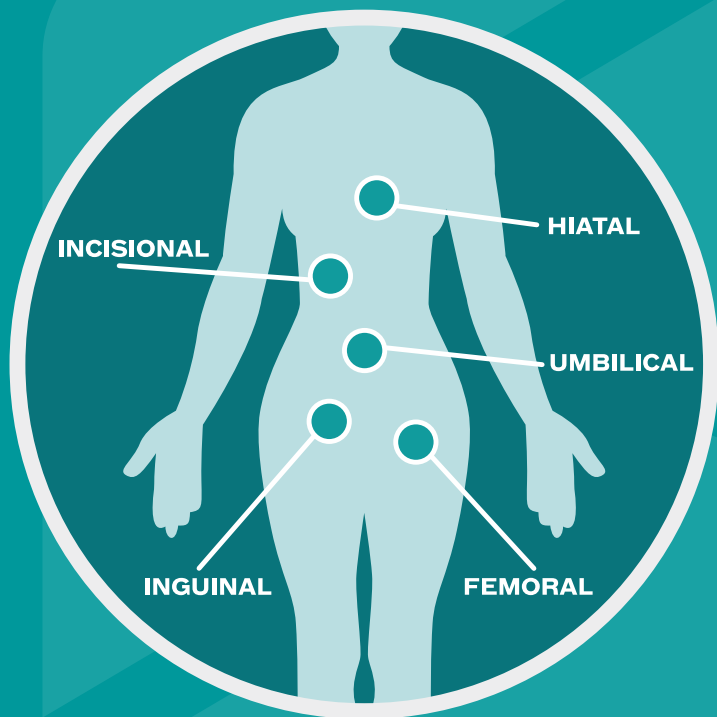
A Quick Guide to Hernias

What is a hernia?

A hernia occurs when part of an internal organ or tissue pokes through the wall of the cavity containing it. For example, when the large intestine pokes through a weak spot in the abdominal wall.

Hernias don't go away on their own and most eventually require surgery to relieve pain or discomfort and prevent serious complications.

Common types of hernias



Hernia symptoms include:

- Feeling a pop or tear when you strained or lifted something heavy
- Feeling something move in and out of the muscle wall
- A visible bulge or soreness under your skin that may be painful
- Acid reflux symptoms (like heartburn) and chest pain or pressure
- Changes in urination or bowel habits

When should you see a doctor?

If you experience hernia-related symptoms, make an appointment with your primary care doctor right away.

They will make a diagnosis and recommend a treatment plan, which may include monitoring the hernia or referring you to a hernia specialist for surgical repair.

Some hernias are very serious and need immediate medical attention. If you have a noticeable bulge and have nausea, vomiting, fever or chills, you should go to the closest emergency room or call 911.

Need hernia care?

Atrium Health's renowned hernia specialists diagnose and provide state-of-the-art surgical treatment for all types of hernias.

To learn more, visit

AtriumHealth.org/HerniaSurgery or call **704-302-9235**.



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