

Hernia

Also called: Enterocele

A hernia occurs when part of an internal organ bulges through a weak area of muscle. Most hernias occur in the abdomen.

There are several types of hernias, including:

Inguinal, the most common type, is in the groin

Umbilical, around the belly button

Incisional, through a scar

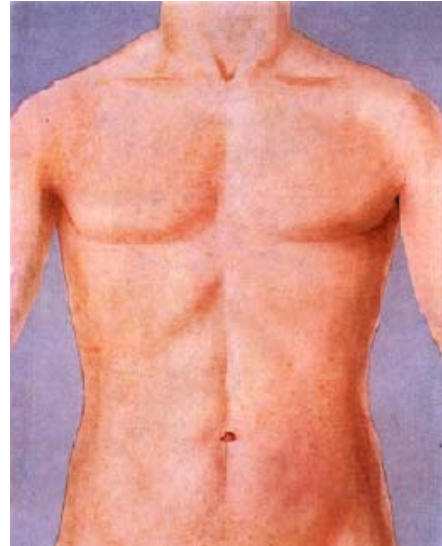
Hiatal, a small opening in the diaphragm that allows the upper part of the stomach to move up into the chest.

Congenital diaphragmatic, a birth defect that needs surgery

Hernias are common. They can affect men, women and children. A combination of muscle weakness and straining, such as with heavy lifting, might contribute.

Some people are born with weak abdominal muscles and may be more likely to get a hernia.

The usual treatment for a hernia is surgery to repair the opening in the muscle wall. Untreated hernias can cause pain and health problems.



Text is public domain by MedlinePlus (www.medlineplus.gov) This handout, created by Healthy Roads Media (www.healthyroadsmedia.org), can be freely distributed under the Creative Commons Attribution-NonCommercial-NoDerivs License (<http://creativecommons.org/licenses/by-nc-nd/3.0/us>)

Last reviewed 2012