

You may be more likely to acquire a hernia if you have:

- A job that involves heavy lifting or many hours of standing.
- A chronic cough or allergies that cause chronic sneezing.
- Chronic constipation and straining to poop or pee.
- A history of abdominal or pelvic surgery.
- Pregnancy, especially repeat pregnancies.
- Chronic obesity (a body mass index, or BMI, greater than 30).