

## Hernia Awareness Month

June is National Hernia Awareness Month to raise awareness about hernias and its' treatment.

### What is a hernia?

- A hernia is a weakness or tear most commonly on the abdominal wall which allows abdominal organs to protrude through. The most common is the Inguinal Hernia. Leaving a hernia untreated is not wise, as it can get bigger and become worse with time.

### Who is at risk?

- People who strain and use their core, increasing the pressure within the abdomen
- People who often lift heavy objects or perform activities with significant straining (chronic constipation, chronic cough, weightlifters)
- Pregnant and after pregnancy patients commonly develop an "belly button"/umbilical hernias due to the abdominal muscles stretching and increased pressure within the abdomen
- Smokers
- Adults aged 60 years or older
- Born with weak muscles

### Symptoms of a Hernia

- Pain
- Burning sensation in the area
- Bulging around the area
- Nausea
- Vomiting
- Feeling of weakness

### Hernia Dos & Don'ts

#### Do

- Consume fruits & vegetables
- Drink at least 1.5-2 liters of water daily
- Increase liquid intake to prevent constipation
- Sweat and lose excess toxins without straining

#### Don't Do

- Reduce the amount of food you consume
- Strain excessively during bowel movements
- Smoke and/or drink
- Lie down immediately after meals

