



The Battle of the Hernia Bulge

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'Tis the season we resolve to battle the bulge. For the fat bulge, we vow to exercise, diet or swallow that quick fix pill with little success.

On the other hand, we have an easier remedy for the bulge, if it is a **hernia** bulge. With a newer surgical technique, you can look and feel better, and return to work and normal activities earlier than before.



What is a hernia? It's a hole in your belly wall through which your intestines can protrude. You may be unaware that one of your bulges is a hernia. Oftentimes, hernia sufferers feel pain, pressure or discomfort, but not always. No matter the symptoms, all hernias need to be fixed since there is a risk of the intestines getting caught in the hernia and strangling – they can even die. If this happens, you could turn a simple surgery into a much more complicated one.

Traditionally, we used to sew the hernia hole closed. However, since the repair was under tension, one could not lift anything for eight weeks after surgery. Therefore, tension-free repairs have been developed. One such repair consists of placing a synthetic mesh plug in the hole and covering it with another piece of mesh through a small incision in the groin. This surgery is usually preferred as an out-patient or one-day surgery as there are no restrictions on activity afterwards. Most people return to work in one week looking and feeling much better.

We have been performing this procedure as well as other state of the art surgeries at Lincoln Hospital. We are proud that we can provide cutting edge surgical technology without a trip to Spokane.

Obviously, this surgery will not get rid of all your fat bulges, but it will eliminate one bulge -- your hernia. Now is the perfect time to get that hernia fixed before it becomes larger, more painful and potentially dangerous.

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