

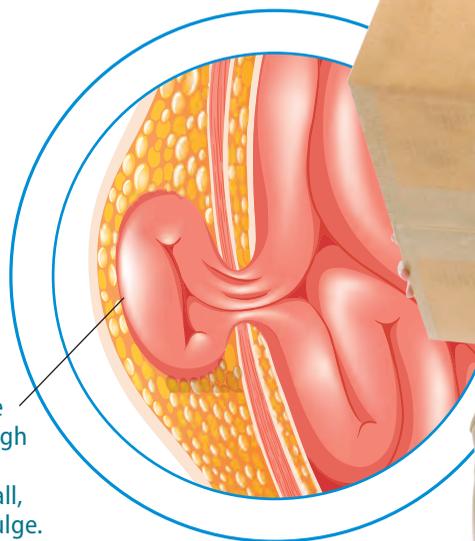
# BATTLING THE BULGE

TIME IS OF THE ESSENCE  
FOR HERNIA TREATMENTS

If you feel a slight bulge or discomfort in your groin, abdomen, or thigh area, particularly when you cough or strain the muscles in that area, you could be suffering from a hernia. Hernias occur when a supportive tissue in your body develops a hole, allowing an organ to poke through. While the condition may not be painful at first, a hernia does not go away on its own. If left untreated, it will worsen and eventually cause more serious health problems over time.

According to Joseph Mucciolo Jr., MD, FACS, Surgical Specialists of Evangelical, because hernias may not be very painful when they first occur, people tend to ignore them for too long. It is estimated that 5 million Americans have developed hernias, yet only 750,000 seek medical treatment each year.

Ignoring a hernia can cause the organ that is poking through the hernia—the intestine in most cases—to become stuck so it cannot be pushed back through the hole. This condition can eventually lead to “strangulation” of the organ, which means it loses blood flow and can cause pain, nausea, vomiting, or constipation.



The intestine passes through a hole in the abdomen wall, creating a bulge.

Fortunately, hernias can be treated successfully through surgery. The surgeons at Surgical Specialists of Evangelical take the time-sensitive nature of hernias very seriously by offering fast track scheduling, ensuring you will have a surgery scheduled within seven days of your referral. Evangelical’s doctors also use minimally invasive surgical treatments, which are less likely to cause complications when compared with traditional surgery.

“It is an outpatient procedure that is done through a very small incision,” says Dr. Mucciolo. “This allows for a quick recovery and less scarring for patients, as well as a reduced risk of complications. A patient will typically be back home after a few hours, and back to his or her normal schedule soon after that.”



## LEARN MORE

For more information about hernia care, call Surgical Specialists of Evangelical at **570-523-3290**.