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## Hernia

Also called: Enterocoele

A hernia happens when part of an internal organ or tissue bulges through a weak area of muscle. Most hernias are in the abdomen.

There are several types of hernias, including:

- Inguinal, in the groin. This is the most common type.
- Umbilical, around the belly button
- Incisional, through a scar
- Hiatal [<https://medlineplus.gov/hiatalhernia.html>] , 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.

Treatment is usually surgery to repair the opening in the muscle wall. Untreated hernias can cause pain and health problems.

## Start Here

- Hernias [<https://kidshealth.org/en/teens/hernias.html>] (Nemours Foundation)  
Also in Spanish [<https://kidshealth.org/es/teens/hernias.html>]

## Symptoms

- Battling a Bulging Hernia: Don't Ignore Your Groin Pain [<https://newsinhealth.nih.gov/2017/12/battling-bulging-hernia>]  
 (National Institutes of Health)  
Also in Spanish [<https://salud.nih.gov/recursos-de-salud/nih-noticias-de-salud/luchando-contra-una-hernia-abultada>]

## Treatments and Therapies

- Inguinal Hernia Repair Surgery [<https://www.sages.org/publications/patient-information/inguinal-hernia-repair-surgery-patient-information-from-sages/>] (Society of American Gastrointestinal and Endoscopic Surgeons)
- Surgical Mesh Used for Hernia Repair [<https://www.fda.gov/medical-devices/implants-and-prosthetics/surgical-mesh-used-hernia-repair>] (Food and Drug Administration)
- Ventral Hernia Repair Surgery [<https://www.sages.org/publications/patient-information/patient-information-for-laparoscopic-ventral-hernia-repair-from-sages/>] (Society of American Gastrointestinal and Endoscopic Surgeons)

## Related Issues

- Sports Hernia (Athletic Pubalgia) [<https://orthoinfo.aaos.org/en/diseases--conditions/sports-hernia-athletic-pubalgia/>] (American Academy of Orthopaedic Surgeons)
- Treating and Preventing Sports Hernias [<https://doctorsthatdo.osteopathic.org/treating-and-preventing-sports-hernias>] (American Osteopathic Association)

## Specifics

- Epigastric Hernias [<https://kidshealth.org/en/parents/epigastric-hernias.html>] (Nemours Foundation)  
Also in Spanish [<https://kidshealth.org/es/parents/epigastric-hernias.html>]
- Inguinal Hernia [<https://www.niddk.nih.gov/health-information/digestive-diseases/inguinal-hernia>]  (National Institute of Diabetes and Digestive and Kidney Diseases)  
Also in Spanish [<https://www.niddk.nih.gov/health-information/informacion-de-la-salud/enfermedades-digestivas/hernia-inguinal>]
- Umbilical Hernias [<https://kidshealth.org/en/parents/umbilical-hernias.html>] (Nemours Foundation)  
Also in Spanish [<https://kidshealth.org/es/parents/umbilical-hernias.html>]

## Genetics

- Abdominal wall defect: MedlinePlus Genetics [<https://medlineplus.gov/genetics/condition/abdominal-wall-defect>]  (National Library of Medicine)
- Congenital diaphragmatic hernia: MedlinePlus Genetics [<https://medlineplus.gov/genetics/condition/congenital-diaphragmatic-hernia>]  (National Library of Medicine)

## Clinical Trials

- ClinicalTrials.gov: Hernia [<https://clinicaltrials.gov/search?cond=Hernia+NOT+disc&aggFilters=status:not%20rec>]  (National Institutes of Health)
- ClinicalTrials.gov: Hernia, Diaphragmatic [<https://clinicaltrials.gov/search?cond=%22Hernia,+Diaphragmatic%22&aggFilters=status:not%20rec>]  (National Institutes of Health)
- ClinicalTrials.gov: Hernia, Inguinal [<https://clinicaltrials.gov/search?cond=%22Hernia,+Inguinal%22&aggFilters=status:not%20rec>]  (National Institutes of Health)
- ClinicalTrials.gov: Hernia, Umbilical [<https://clinicaltrials.gov/search?cond=%22Hernia,+Umbilical%22&aggFilters=status:not%20rec>]  (National Institutes of Health)

## Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: Unilateral biportal endoscopic discectomy versus percutaneous endoscopic lumbar discectomy in the... [<https://www.ncbi.nlm.nih.gov/pubmed/40758136>]
- Article: Comparative efficacy of one-hole split endoscope versus unilateral biportal endoscopy in... [<https://www.ncbi.nlm.nih.gov/pubmed/40748515>]
- Article: Feasibility of Transabdominal Preperitoneal Combined With Internal Ring Constriction in Treating... [<https://www.ncbi.nlm.nih.gov/pubmed/40748081>]
- Hernia -- see more articles [<https://pubmed.ncbi.nlm.nih.gov/?term=%22Hernia%22%5Bmajr%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+2+Years%22+%5Bedat%5D+NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comment%5Bpt%5D%29>]

## Find an Expert

- Find a SAGES Surgeon [<https://www.sages.org/public-search/>] (Society of American Gastrointestinal and Endoscopic Surgeons)

## Children

- Diaphragmatic hernia repair - series [https://medlineplus.gov/ency/presentations/100014\_1.htm] (Medical Encyclopedia)  
Also in Spanish [https://medlineplus.gov/spanish/ency/esp\_presentations/100014\_1.htm]
- Gastrochisis [https://www.cdc.gov/birth-defects/about/gastrochisis.html] (Centers for Disease Control and Prevention)  
Also in Spanish [https://www.cdc.gov/birth-defects/es/about/gastrochisis.html]
- Gastrochisis repair - series [https://medlineplus.gov/ency/presentations/100023\_1.htm] (Medical Encyclopedia)  
Also in Spanish [https://medlineplus.gov/spanish/ency/esp\_presentations/100023\_1.htm]
- Inguinal Hernia in Infants and Children [https://www.healthychildren.org/English/health-issues/conditions/abdominal/Pages/Inguinal-Hernia.aspx] (American Academy of Pediatrics)  
Also in Spanish [https://www.healthychildren.org/spanish/health-issues/conditions/abdominal/paginas/inguinal-hernia.aspx]
- Omphalocele [https://www.cdc.gov/birth-defects/about/omphalocele.html] (Centers for Disease Control and Prevention)  
Also in Spanish [https://www.cdc.gov/birth-defects/es/about/onfalocele.html]
- Omphalocele repair - series [https://medlineplus.gov/ency/presentations/100033\_1.htm] (Medical Encyclopedia)  
Also in Spanish [https://medlineplus.gov/spanish/ency/esp\_presentations/100033\_1.htm]
- Treating Gastrochisis (Gastrochisis Silo) [https://kidshealth.org/en/parents/gastrochisis\_silo.html]  
 (Nemours Foundation)
- Treating Indirect Inguinal Hernia (For Parents) [https://kidshealth.org/en/parents/inguinal-hernia-animation.html]  
 (Nemours Foundation)  
Also in Spanish [https://kidshealth.org/es/parents/inguinal-hernia-animation.html]
- Umbilical hernia repair - series [https://medlineplus.gov/ency/presentations/100105\_1.htm] (Medical Encyclopedia)  
Also in Spanish [https://medlineplus.gov/spanish/ency/esp\_presentations/100105\_1.htm]

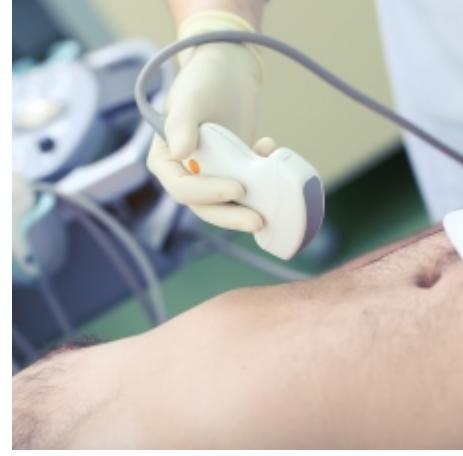
## Teenagers

- Hernias [https://kidshealth.org/en/teens/hernias.html] (Nemours Foundation)  
Also in Spanish [https://kidshealth.org/es/teens/hernias.html]

## Patient Handouts

- Congenital diaphragmatic hernia repair [https://medlineplus.gov/ency/article/002936.htm] (Medical Encyclopedia)  
Also in Spanish [https://medlineplus.gov/spanish/ency/article/002936.htm]
- Diaphragmatic hernia [https://medlineplus.gov/ency/article/001135.htm] (Medical Encyclopedia)  
Also in Spanish [https://medlineplus.gov/spanish/ency/article/001135.htm]
- Femoral hernia [https://medlineplus.gov/ency/article/001136.htm] (Medical Encyclopedia)  
Also in Spanish [https://medlineplus.gov/spanish/ency/article/001136.htm]
- Femoral hernia repair [https://medlineplus.gov/ency/article/007399.htm] (Medical Encyclopedia)  
Also in Spanish [https://medlineplus.gov/spanish/ency/article/007399.htm]
- Gastrochisis [https://medlineplus.gov/ency/article/000992.htm] (Medical Encyclopedia)  
Also in Spanish [https://medlineplus.gov/spanish/ency/article/000992.htm]
- Gastrochisis repair [https://medlineplus.gov/ency/article/002924.htm] (Medical Encyclopedia)  
Also in Spanish [https://medlineplus.gov/spanish/ency/article/002924.htm]
- Hernia [https://medlineplus.gov/ency/article/000960.htm] (Medical Encyclopedia)  
Also in Spanish [https://medlineplus.gov/spanish/ency/article/000960.htm]
- Inguinal hernia repair [https://medlineplus.gov/ency/article/007406.htm] (Medical Encyclopedia)  
Also in Spanish [https://medlineplus.gov/spanish/ency/article/007406.htm]
- Umbilical hernia [https://medlineplus.gov/ency/article/000987.htm] (Medical Encyclopedia)  
Also in Spanish [https://medlineplus.gov/spanish/ency/article/000987.htm]

- Umbilical hernia repair [<https://medlineplus.gov/ency/article/002935.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/002935.htm>]
- Ventral hernia repair [<https://medlineplus.gov/ency/article/007661.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/007661.htm>]



## MEDICAL ENCYCLOPEDIA

[Abdominal ultrasound](https://medlineplus.gov/ency/article/003777.htm) [<https://medlineplus.gov/ency/article/003777.htm>]

[Congenital diaphragmatic hernia repair](https://medlineplus.gov/ency/article/002936.htm) [<https://medlineplus.gov/ency/article/002936.htm>]

[Diaphragmatic hernia](https://medlineplus.gov/ency/article/001135.htm) [<https://medlineplus.gov/ency/article/001135.htm>]

[Diaphragmatic hernia repair - series](https://medlineplus.gov/ency/presentations/100014_1.htm) [[https://medlineplus.gov/ency/presentations/100014\\_1.htm](https://medlineplus.gov/ency/presentations/100014_1.htm)]

[Femoral hernia](https://medlineplus.gov/ency/article/001136.htm) [<https://medlineplus.gov/ency/article/001136.htm>]

[Femoral hernia repair](https://medlineplus.gov/ency/article/007399.htm) [<https://medlineplus.gov/ency/article/007399.htm>]

[Gastroschisis](https://medlineplus.gov/ency/article/000992.htm) [<https://medlineplus.gov/ency/article/000992.htm>]

[Gastroschisis repair](https://medlineplus.gov/ency/article/002924.htm) [<https://medlineplus.gov/ency/article/002924.htm>]

[Gastroschisis repair - series](https://medlineplus.gov/ency/presentations/100023_1.htm) [[https://medlineplus.gov/ency/presentations/100023\\_1.htm](https://medlineplus.gov/ency/presentations/100023_1.htm)]

[Hernia](https://medlineplus.gov/ency/article/000960.htm) [<https://medlineplus.gov/ency/article/000960.htm>]

[Inguinal hernia repair](https://medlineplus.gov/ency/article/007406.htm) [<https://medlineplus.gov/ency/article/007406.htm>]

[Inguinal hernia repair - discharge](https://medlineplus.gov/ency/patientinstructions/000274.htm) [<https://medlineplus.gov/ency/patientinstructions/000274.htm>]

[Inguinal hernia repair - series](https://medlineplus.gov/ency/presentations/100027_1.htm) [[https://medlineplus.gov/ency/presentations/100027\\_1.htm](https://medlineplus.gov/ency/presentations/100027_1.htm)]

[Lump in the abdomen](https://medlineplus.gov/ency/article/003277.htm) [<https://medlineplus.gov/ency/article/003277.htm>]

[Omphalocele](https://medlineplus.gov/ency/article/000994.htm) [<https://medlineplus.gov/ency/article/000994.htm>]

[Omphalocele repair](https://medlineplus.gov/ency/article/002938.htm) [<https://medlineplus.gov/ency/article/002938.htm>]

[Omphalocele repair - series](https://medlineplus.gov/ency/presentations/100033_1.htm) [[https://medlineplus.gov/ency/presentations/100033\\_1.htm](https://medlineplus.gov/ency/presentations/100033_1.htm)]

[Umbilical hernia](https://medlineplus.gov/ency/article/000987.htm) [<https://medlineplus.gov/ency/article/000987.htm>]

[Umbilical hernia repair](https://medlineplus.gov/ency/article/002935.htm) [<https://medlineplus.gov/ency/article/002935.htm>]

[Umbilical hernia repair - series](https://medlineplus.gov/ency/presentations/100105_1.htm) [[https://medlineplus.gov/ency/presentations/100105\\_1.htm](https://medlineplus.gov/ency/presentations/100105_1.htm)]

[Ventral hernia repair](https://medlineplus.gov/ency/article/007661.htm) [<https://medlineplus.gov/ency/article/007661.htm>]

## Related Health Topics

GERD [<https://medlineplus.gov/gerd.html>]

## National Institutes of Health

The primary NIH organization for research on *Hernia* is the National Institute of Diabetes and Digestive and Kidney Diseases [<https://www.niddk.nih.gov>]

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