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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 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]
- Gastroschisis [<https://www.cdc.gov/birth-defects/about/gastroschisis.html>] (Centers for Disease Control and Prevention)
Also in Spanish [<https://www.cdc.gov/birth-defects/es/about/gastrosquisis.html>]
- Gastroschisis 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 Gastroschisis (Gastroschisis Silo) [https://kidshealth.org/en/parents/gastroschisis_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>]
- Gastroschisis [<https://medlineplus.gov/ency/article/000992.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/000992.htm>]
- Gastroschisis 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>]
- Congenital diaphragmatic hernia repair [<https://medlineplus.gov/ency/article/002936.htm>]
- Diaphragmatic hernia [<https://medlineplus.gov/ency/article/001135.htm>]
- Diaphragmatic hernia repair - series [https://medlineplus.gov/ency/presentations/100014_1.htm]
- Femoral hernia [<https://medlineplus.gov/ency/article/001136.htm>]
- Femoral hernia repair [<https://medlineplus.gov/ency/article/007399.htm>]
- Gastroschisis [<https://medlineplus.gov/ency/article/000992.htm>]
- Gastroschisis repair [<https://medlineplus.gov/ency/article/002924.htm>]
- Gastroschisis repair - series [https://medlineplus.gov/ency/presentations/100023_1.htm]
- Hernia [<https://medlineplus.gov/ency/article/000960.htm>]
- Inguinal hernia repair [<https://medlineplus.gov/ency/article/007406.htm>]
- Inguinal hernia repair - discharge [<https://medlineplus.gov/ency/patientinstructions/000274.htm>]
- Inguinal hernia repair - series [https://medlineplus.gov/ency/presentations/100027_1.htm]
- Lump in the abdomen [<https://medlineplus.gov/ency/article/003277.htm>]
- Omphalocele [<https://medlineplus.gov/ency/article/000994.htm>]
- Omphalocele repair [<https://medlineplus.gov/ency/article/002938.htm>]
- Omphalocele repair - series [https://medlineplus.gov/ency/presentations/100033_1.htm]
- Umbilical hernia [<https://medlineplus.gov/ency/article/000987.htm>]
- Umbilical hernia repair [<https://medlineplus.gov/ency/article/002935.htm>]
- Umbilical hernia repair - series [https://medlineplus.gov/ency/presentations/100105_1.htm]
- Ventral hernia repair [<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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