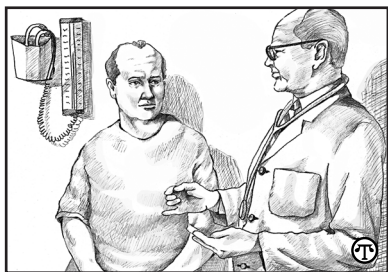


# Inguinal Hernia: A Treatable Problem

(NAPSA)—What is an inguinal hernia and how do you know if you have one? A bulge on one or both sides of your groin, the area between the belly and thigh; sharp pain, or pressure in the groin; and a burning or aching feeling at the site of the bulge are signs you might have an inguinal hernia.

## What You Should Know

An inguinal hernia results when part of the small intestine pushes through a weak area in the lower belly muscles. Symptoms usually appear slowly and inguinal hernias tend to grow larger over time.



## What to Do

Talk with your doctor if you think you have an inguinal hernia. The doctor will see if the hernia can be gently massaged back into its proper place in the belly. If not, you might need an operation to repair the hernia to put the hernia back in place.

## For More Information

Visit the National Digestive Diseases Information Clearinghouse website at [www.digestive.niddk.nih.gov](http://www.digestive.niddk.nih.gov) for more information and free publications about inguinal hernia.