

## Soundbite Script – Hernias: More Common Than You Think

**Dr. Marc Whitman, General Surgeon, OSF HealthCare**

“Your abdomen is lined with a tough muscular lining that holds all the organs in. A hernia is when there is a defect or weakness in one area of that lining and that allows an organ or a fatty tissue from inside the abdomen to protrude through the hole.”

**Dr. Marc Whitman, General Surgeon, OSF HealthCare**

“The first and most obvious symptom is a bulge. Anyone who’s had a hernia will appreciate a bulge in the area of the hernia. Some people will have associated pain with it or some discomfort. But the main thing is a bulge.”

**Dr. Marc Whitman, General Surgeon, OSF HealthCare**

“There are certain areas of the body that are common for hernias to occur. The groin (hernia) is very common in men and that’s called inguinal. People can also get hernias at the belly button and that’s called an umbilical hernia, and any time you’ve had a previous surgery there’s a risk of a herniation related to the closure, that’s called an incisional or a ventral hernia.”

**Dr. Marc Whitman, General Surgeon, OSF HealthCare**

“We encourage people with hernias to be seen and we discuss this with them in the office; people who are healthy enough to have surgery without the risk of complications should have their hernias repaired.”