



### HERNIA EXAMINATION

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A hernia that occurs when an organ or fatty tissue pushes through a weak spot or opening in the surrounding muscle or connective tissue. This can create a bulge or protrusion under the skin, often causing pain or discomfort.

The most common type of hernia occurs in the abdominal area when part of the intestine or abdominal tissue pushes through a weak area in the abdominal wall, forming a bulge or lump under the skin. Abdominal hernias are almost always associated with the peritoneum.

Hernias can develop in various regions of the body, such as the groin (inguinal hernia), the diaphragm (hiatal hernia), or the upper abdomen (umbilical hernia). They can be caused by a combination of factors, including muscle weakness, strain, heavy lifting, obesity, or previous surgical incisions.

Abdominal wall hernias often result from chronic (long-term) increase in intra-abdominal pressure. The main reasons for increased intra-abdominal pressure include:

- Heavy lifting
- Presence of diseases causing chronic cough, such as asthma, chronic obstructive pulmonary disease (COPD), and cystic fibrosis

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## References

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