

H e r n i a



An abdominal hernia occurs when a portion of an internal organ (usually the intestine) bulges through a weakened segment of the abdominal muscle wall. A layered sheath of muscle that normally keeps the internal organs firmly in place covers the abdominal cavity. If a segment of this muscle wall becomes weak or slack, a portion of an underlying organ can protrude through. This can occur without the sufferer even knowing he or she has a hernia; but generally sufferers notice a bulge at the site of the weakness. Hernias can occur anywhere in the body but are most common in the abdominal area.

Specific types of hernias include:

- **Epigastric hernia.** This occurs in the upper abdomen, between the breastbone (sternum) and the navel. It is more common in men than women, and can cause tenderness in the area, indigestion, belching and sometimes vomiting.
- **Paraumbilical hernia.** This develops around the navel and is more common in women than in men. It can produce constipation and sometimes abdominal pain.
- **Inguinal hernia.** This occurs in the groin area, and is generally found in men or male babies.
- **Femoral hernia.** This is similar to an inguinal hernia, except it is lower in the groin. It is most common in women who are overweight or have had several children.
- **Umbilical hernia.** This occurs in newborn babies and appears as a bulge at the navel.
- **Incisional hernia.** This occurs after abdominal surgery, at the site where the muscle was cut.

Causes of an Abdominal Hernia

Hernias are caused by weakening or a tear in the muscle wall that covers the abdominal cavity. Pregnancy, surgery and obesity can be precipitating factors. Some hernias occur suddenly, for example, when you cough or strain to lift a heavy object. Others will evolve over a few days or even weeks. The weakness in the muscle wall may have been present since birth. Generally, a hernia will become progressively worse as time goes on.

TCM Drug Free Pain Control

Acupuncture works in a preventative capacity as well as dealing with the problem initially. The following regime is always followed, but each type of ailment is unique to the individual and so will be treated according to the individual cause.

- All treatments take into consideration the psychological effect the ailment has on you and your lifestyle
- Acupuncture
- Herbs which are prescribed in pill or raw form depending on the individual palate and case
- Local laser to treat tender spots occurring in the regional anatomy
- Electro-acupuncture therapy
- Cupping/Moxibustion
- Massage
- Exercise
- Dietary advice

What a relief! A drugless alternative to the pain you have been experiencing. And it has been proven for thousands of years. TCM works because it establishes your body's equilibrium by correcting your energy imbalances.

TCM works in a curative and preventative manner. Incidentally, the frequency and duration of your treatment will vary according to your individual condition. Generally speaking, the longer a patient has had a particular condition, the longer it will take to treat.

TCM has a strong sense of commitment and purpose to each patient; this is why we are the only clinic offering one-hour treatments with each appointment and an extremely high success rate.

If we can be of further assistance please do not hesitate to call.

masters of TCM Pty Ltd

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