

## **Hernia in Women**

Hernia is the most common seen surgical disease that refers to a tear or rupture of abdominal muscle. Most people think that only men will get hernia, but women can also get the disease resulting from previous operations. According to the data from Queen Mary Hospital and Tung Wah Hospital, there are more than 400 reported cases every year; with male-to-female ratio 19:1.

Common types of hernia in women include inguinal hernia, incisional hernia, femoral hernia and umbilical hernia. Patients usually find a painless mass in abdominal area or inguinal region. This usually contains small intestine or omentum, but other organs may also be found, like large intestine, ovary, uterine and bladder. If the intestine is trapped into the hernia, its blood flow will be stopped and cause the strangulation of intestine. In this situation, emergency surgery is required for removing intestine; otherwise, patients may die of necrosis of intestine.

Traditional techniques for repairing hernias include suture repair and prosthetic mesh repair. Over the past years, the Department of Surgery of HKU LKS Faculty of Medicine has introduced new surgical techniques, Endoscopic Totally Extraperitoneal Inguinal Hernioplasty (TEP) and laparoscopic ventral hernia repair. Patients will have 3 skin incisions of 5mm to 10mm long each. By using an endoscope, a prosthetic mesh can be placed to repair the hernia. Compare with conventional techniques, the recurrence rate of TEP is low. Its advantages include less post-operation pain, shorter recovery period, smaller wound and lower infection rate.