

# Could you be affected by a hernia?



Is there an unknown bulge in your abdomen or in your groin area?

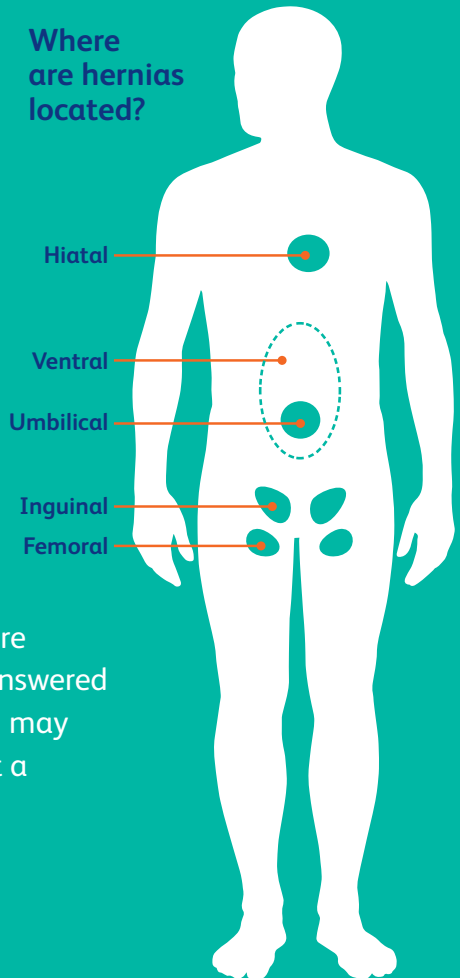


Do you have discomfort or pain in your abdomen or groin when you bend or lift something?



Do you suffer from acid reflux, difficulty swallowing or regurgitation?

Where are hernias located?



Every year, over 5 million people are diagnosed with a hernia.<sup>1</sup> If you answered yes to any of these questions, you may want to consult a physician about a possible hernia.

1. *Make the Right Choice for Hernia Treatment*. Hernia Treatment and Surgery, Hernia Treatment Guide | Cleveland Clinic, pages. [clevelandclinic.org/hernia-index.html](https://clevelandclinic.org/hernia-index.html).