

# WALNUT CREEK SURGICAL ASSOCIATES

Michael S. Baker, MD, FACS ~ Peter J. Mazolewski, MD

Monica S. Eigelberger, MD, FACS ~ Steven M. Young, MD, FACS ~ J. Norris Childs, MD, FACS

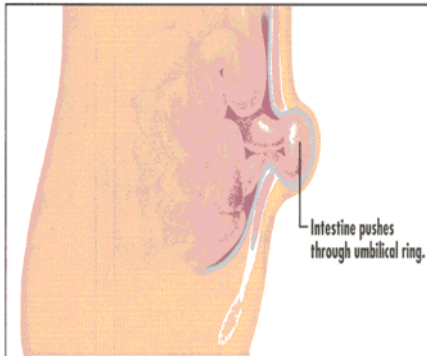
*General, Vascular, Laparoscopic and Trauma Surgeons*

130 La Casa Via, Building 3, Suite 211  
Walnut Creek, CA 94598

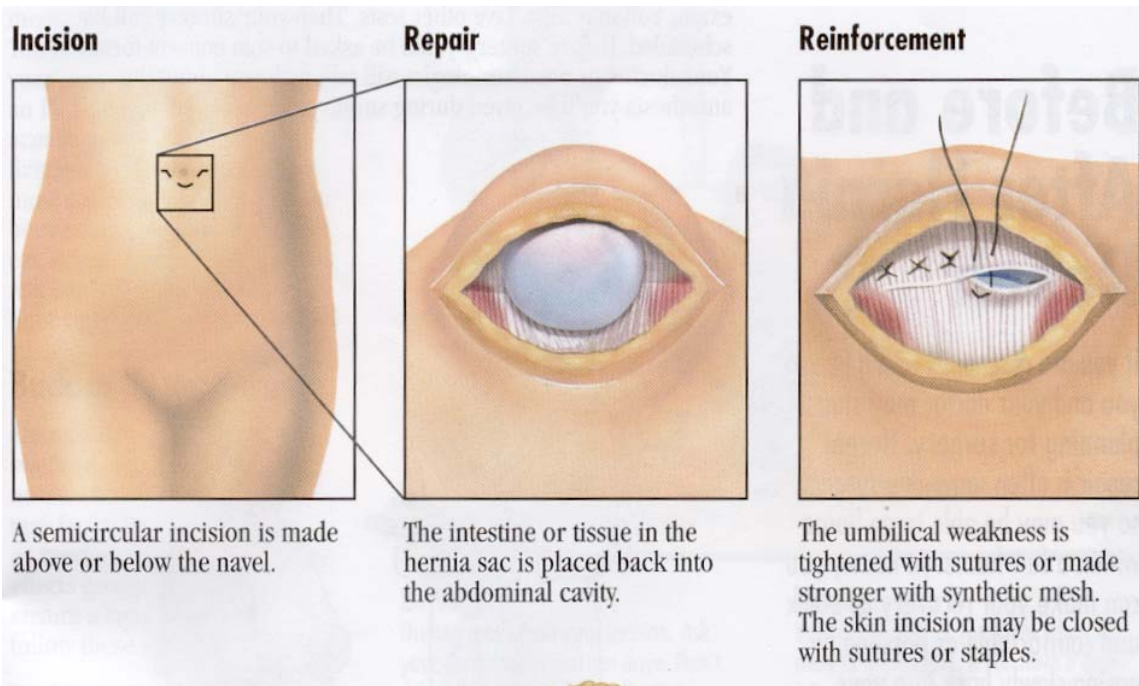
(925) 933-0984

FAX: (925) 933-0986

## UMBILICAL HERNIA



Umbilical hernia looks like a bulging navel. It results from a gap in the muscular wall under the umbilicus. They can be present at birth, or develop later in life. Obesity, excessive coughing, and pregnancy can increase abdominal pressure to cause umbilical hernia.



Hernias are repaired to prevent incarceration (the intestine becomes trapped) or strangulation of the abdominal contents (loses its blood supply and dies) --which can sometimes result in a need for emergency surgery. Repair is also done to prevent further enlargement due to abdominal contents pushing into the hernia sac.

It is most often done in an outpatient surgery setting so that you can go home after surgery.