

Could you have a hernia?

Sarah Bush Lincoln is offering
FREE hernia exams for men,
women and children.



What is a hernia?

A hernia occurs when an organ or tissue pushes through a weak area in the abdominal wall. This weak area may be present at birth, or it may be caused by abdominal strain over time. If not treated, a hernia can get worse.

Symptoms

A hernia in the abdomen or groin can produce a noticeable lump or bulge that can be pushed back in, or that can disappear when lying down.

More symptoms of a hernia include:

- Swelling or bulge in the groin or scrotum
- Increased pain at the site of the bulge
- Pain while lifting
- A dull aching sensation
- A sense of feeling full or signs of bowel obstruction

In the case of hiatal hernias there are no bulges on the outside of the body. Instead, symptoms may include:

- heartburn or indigestion
- difficulty swallowing
- frequent regurgitation (bringing food back up)
- chest pain

Where and when can I get an exam?

▶ **SBL Tuscola Clinic**
1100 Tuscola Blvd.

Monday, June 22
11 am – 1 pm

Todd Bierman, MD
Surgeon

▶ **SBL Casey Clinic**
934 North Route 49

Tuesday, June 23
11 am – 1 pm

Kevin Malone, MD
Surgeon

▶ **SBL Evergreen Clinic**
1104 W. Evergreen Ave.
Effingham

Wednesday, June 24
11 am – 1 pm

James Flaig, DO
Surgeon

▶ **SBL Family Medical Center**
200 Richmond Ave. East
Suite 3
Mattoon

Thursday, June 25
11 am – 1 pm

Brad Wilson, MD
Surgeon

REGISTRATION REQUIRED

Please call Chris Kessler, SBL Community
Outreach Representative, to register.

217-821-0426

**Sarah Bush
Lincoln**
Trusted Compassionate Care

www.sarahbush.org