



CANADIAN
HERNIA
SOCIETY

SOCIÉTÉ
CANADIENNE
DE CHIRURGIE
HERNIAIRE

Providing a professional forum for education and research for the advancement of hernia care.

Looking for more answers about hernias?



> RESOURCES & TOOLS FOR PATIENTS

Visit the our website for valuable resources and important information about hernias and hernia care.



> SCAN ME!



Symptoms & Diagnosis

“Do I have a hernia?” – review what symptoms are expected with hernias, **what red flag symptoms to watch out for**, and how hernias are diagnosed.



Management & Treatment

Some hernias can be watched safely without treatment, while other hernias should be operated on. **Hernias do not heal or close without surgery.**



Surgery & Post-Op Instructions

Mesh or no mesh? Open or keyhole surgery? Learn about your surgical options, your pre-op care, and post-operative instructions



@CanadianHernia



canadianherniasociety.ca