

staying HEALTHY



HORIZON
HEALTH

Do women get hernias, too?

Hernias are often perceived as a man's problem, but women get them, too.

A hernia occurs when a portion of an organ (most commonly the small intestine) pushes through a weakness in the wall of a muscle or tissue that holds it in place. This creates a bulge that can be seen and felt. The action is similar to an inner tube that has pushed its way through a hole in a tire. A hernia can cause pain and swelling, which may become more prevalent during physical activity.

According to the Cleveland Clinic, 75 to 80 percent of all hernias are inguinal or femoral. Both are due to weakened muscles that may have been present since birth, or are associated with aging and repeated strains on the abdominal and groin areas. Such strain may come from physical exertion, obesity, pregnancy, frequent coughing, or straining due to constipation.

Inguinal is the most common type of hernia in which part of the intestine

protrudes through an opening in the lower abdomen. Inguinal hernias are more prevalent in men due to their anatomy. According to the National Institute of Diabetes and Digestive and Kidney Diseases, about 25 percent of men and 2 percent of women will develop an inguinal hernia in their lifetimes.

A femoral hernia occurs when a portion of the intestine pokes through a weakened area in the upper thigh muscle, just under the groin. It is far less common than an inguinal hernia, and occurs most often in older women.

Other types of hernias include the following:

Umbilical—Part of the intestine passes through the abdominal wall near the belly button. It is most common in newborns and infants.

Incisional—Part of the intestine bulges through the site of a surgical incision.

Hiatal—A portion of the stomach protrudes upward into the chest through an opening in the diaphragm. It is most

(continued on back)

Jihui Li, MD

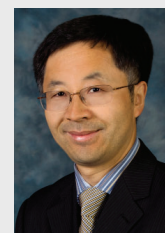
Dr. Li is a general surgeon who joined Horizon Health in July 2015.

Originally from China, Dr. Li has more than 22 years of experience in general surgery. He has a great interest in minimally invasive surgery, including basic and advanced laparoscopic procedures, as well as bariatric surgery. He also performs the Laparoscopic Nissen fundoplication surgery for gastroesophageal reflux disease (GERD).

Dr. Li earned his medical degree at the Second Military Medical University in Shanghai, China. He completed general surgery residency training at the Cleveland Clinic in Weston, Fla., where he served as chief surgical resident. He also participated in general surgery residency programs in New York and China.

Dr. Li has published more than 100 papers, 40 of them as first author. He received many honors in China for his medical achievements.

Dr. Li and his wife, Yang Sun, have three children: Annie, Danny, and Tony.



Paris Community Hospital
727 E. Court St., Paris, IL 61944

Paris Clinic
727 E. Court St., Paris, IL 61944

Oakland Clinic
5 S. Walnut St., Oakland, IL 61943

EZ Care
1 Phipps Lane, Paris, IL 61944

Chrisman Clinic
112 W. Madison Ave., Chrisman, IL 61924

Senior Care
15323 US Highway 150, Paris, IL 61944

EZ Care—Marshall
1602 N. Illinois Hwy 1, Marshall, IL 62441

MyHorizonHealth.org

Do I really need that?

Much like a car's engine, the human body relies on many internal parts to function properly.

The heart, liver, and brain are some of the vital organs needed to sustain life. But other organs are not necessarily required to live. Here are some of the more common organs that can be removed from the body when deemed medically necessary:



The **appendix** is a worm-shaped tube about four inches long that is attached to the large intestine in the lower right abdomen. Its main function is unknown, but surgically removing it does not appear to affect a person's health. Appendicitis is inflammation of the appendix and is one of the most common causes of emergency abdominal surgery in the United States. Left untreated, an inflamed appendix can rupture, spilling infectious materials into the abdominal cavity, which can be fatal.

The **gallbladder** is a small pear-shaped organ that stores and concentrates bile, which is a liquid produced by the liver to help digest fats. The gallbladder may be surgically removed if it is inflamed or obstructed. Gallstones are hardened deposits of digestive fluid that can form in the gallbladder. People who experience symptoms usually require gallbladder removal surgery. Removing the gallbladder in a healthy person typically causes no observable problems with health or digestion.

Tonsils are collections of tissue located in the back of the throat. Adenoids are located on the back wall of the throat behind the nose. Both protect the body from foreign substances that are inhaled or ingested through the nose or mouth. Some people are prone to developing infections of the tonsils and adenoids. In other instances, large adenoids and tonsils can block the airway. In each case, surgery may be necessary to remove them.

Wisdom teeth are the third and final set of molars that most people get in their late teens or early twenties. Sometimes wisdom teeth present no problem, but often are misaligned and require removal. According to the American Association of Oral and Maxillo-facial Surgeons, approximately 50 million Americans will need their wisdom teeth removed before age 25. This is because wisdom teeth can crowd or damage adjacent teeth, the jawbone, and nerves.

Some organs in the body can be removed, but may require making lifestyle changes and taking medications. Examples include the male prostate gland, female uterus, kidney, and portions of the intestines, spleen, and pancreas.

Hernia *(Continued from front)*

common in people age 50 or older or who are obese.

According to the Mayo Clinic, abdominal hernias are common but not necessarily dangerous. However, a hernia does not usually get better on its own. In rare circumstances, it can lead to life-threatening complications. Surgery is usually recommended for a hernia that is painful or becoming larger.

NOVEMBER & DECEMBER Community Health Programs

LADIES NIGHT OUT

November 4

» The event titled "Pound & Pour" is the second program in the three-part "Ladies Night Out Series" series. Pound is a full-body, upbeat workout that combines cardio, conditioning, and strength training while using lightly weighted drumsticks. Two Pound & Pour Sessions will be available that evening at Lot 50: a 5 pm social hour with class at 5:30 pm, and a 6:30 pm social hour with class at 7 pm. Cost is \$10 per person. A cash bar will be available. Tickets can be purchased at the Paris Community Hospital registration desk or at MyHorizonHealth.org.

VOLUNTEERS' CHRISTMAS OPEN HOUSE

November 6-8

» This seasonal sale will take place all day November 6 and 7, and until noon November 8 in Conference Room A. The event is sponsored by the PCH Volunteers, who staff the gift shop and support hospital projects and healthcare scholarships for area students.

ANNUAL DINNER FUNDRAISER

November 9

» "Oscar Night at the Eveland" is this year's theme at Eveland Gym in Paris. Social hour is 6 to 7 pm, with dinner at 7 pm. Seating is limited. Call Cindy Belt at 217-466-4734.

NURSE PRACTITIONERS WEEK

November 10-16

» Horizon Health encourages everyone to thank their nurse practitioners for the valuable service they provide to the community. Nurse practitioners seeing patients at Horizon Health are:

Casey Anderson	Donna Kerns	Amanda Talamantes
Susan Arp	Jennifer Likens	Tiffany Turner
Ann Bogue	Kacey McGuire	Samantha Volstorf
Josh Childress	Michelle Miller	Paige Wampler
Carrie Cunningham	Charlene Moore	Crystal White
Kristina Gabbard	Kayla Ogle	Joy Williams
Debbie Griffin	Mallory Simonton	Tabitha Wood
Angela Hamilton	Karen Smith	
Danielle Ireland	Sara Spesard	

HEALTH SCREENINGS

November 22 & December 6

» Blood sugar, blood pressure, and lipid panel (HDL, LDL, and tryglycerides) screenings will be available in the Paris Clinic from 7-9 am. Fasting for eight hours in advance required. Cost is \$25. Call 217-466-4228.