

After 6 years of rigorous workouts, woman learns her jelly belly's a hernia

She thought it was stubborn post-pregnancy fat until recently, doctors found her abdominal wall had given way

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Tired of explaining to people that she was not pregnant, a 38-year-old woman approached doctors of Breach Candy hospital to get rid of her impossibly stubborn and enormous stomach bulge. Investigations revealed she was suffering from hernia of the abdominal walls – most of her organs were lying outside the muscle layer in the hernia sac. The mother of two, underwent a major surgery at Breach Candy Hospital last week to rectify the problem.

Six years after her last child birth, the lady was increasingly distressed with the way her protruding stomach refused to respond to any kind of exercise. "It was really stressful when people kept asking if I was pregnant. It was embarrassing for me to go around in the society in that condition, and facing those comments," she confessed to *Mirror*.

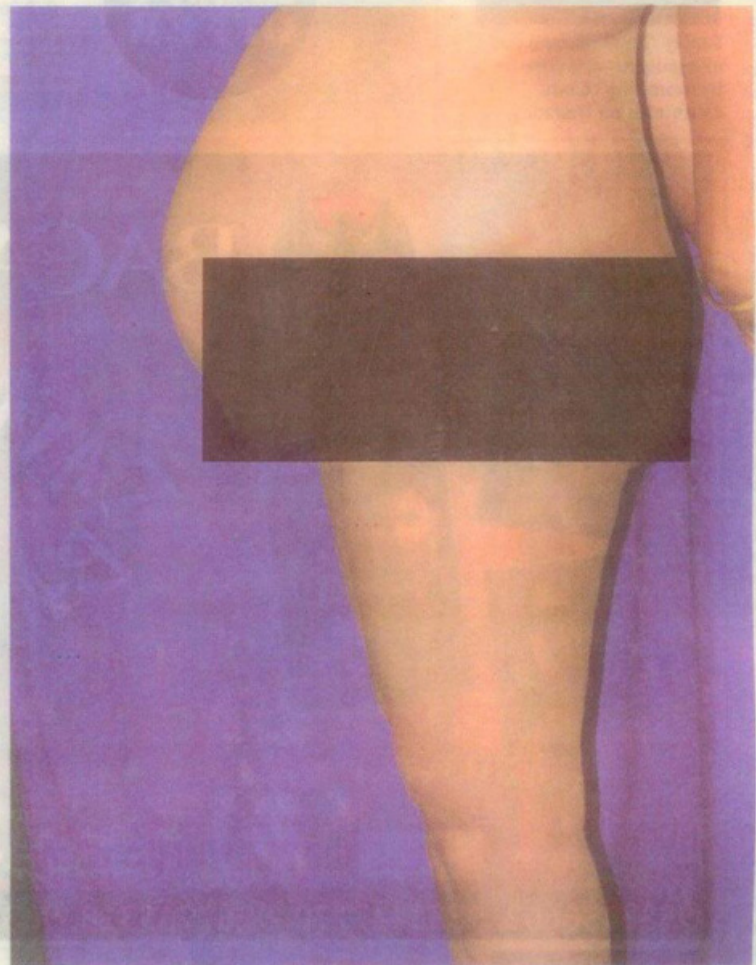
Some of her friends suggested she go in for liposuction. In a desperate bid to find a permanent cure for her problem, the depressed woman consulted several doctors, until she met Dr Mohan Thomas, cosmetic surgeon from Breach Candy Hospital. "I knew she had already consulted several other doctors, and was quite curious about the case. After basic investiga-

WHAT IS ABDOMINOPLASTY?

Abdominoplasty or 'tummy tuck' is a cosmetic surgery procedure used to make the abdomen more firm. The surgery involves the removal of excess skin and fat from the middle and lower abdomen in order to tighten the muscle and fascia of the abdominal wall. This type of surgery is usually sought by patients with loose tissues after pregnancy.

tions we found there was a huge hernia and some of the organs were outside the sac. So we planned a major surgery including Abdominoplasty and also to repair the hernia. We used a special cutting instrument which causes less lateral thermal damage and minimises blood loss as well," explained Dr Mohan Thomas.

The critical surgery will save the woman a lot of embarrassment, said Dr Thomas, as our "society often ridicules women who have bulging tummies way after child birth". "We have removed all the excess fat, and the patient is recovering," he added. In fact, she told *Mirror*, "I am much better after the surgery and people have stopped asking me pointed questions."



The lady had approached doctors as people kept on asking her if she was pregnant