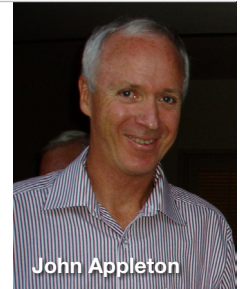


I have been writing articles on topics related to our health for a number of years and in Channel I keep you up to date on ways in which we might improve our health by becoming more aware of the many options that are available to us.



Hernia Repair Without Mesh

As I see it - by John Appleton

A year ago following an extensive renovation on my house, which involved a lot of lifting heavy weights, I ended up with an inguinal hernia.

A hernia is the result of tissue from inside the abdominal cavity pushing through the muscles of the wall of the abdomen. They tend to occur in body areas where there is a potential natural weakness for example the groin and umbilical areas. Up to 75% of all abdominal hernias are inguinal hernias. Men are 90% more likely than women to develop an inguinal hernia.

Hernia repair involves surgery and while it is considered to be a simple procedure there can be complications. There are several methods used to repair hernias and the most common procedure involves laparoscopic surgery which is done under general anaesthetic. Open repairs from the outside can be done under local anaesthetic with sedation. Both procedures usually involve the use of surgical mesh which is sutured into place to cover the area of weakness.

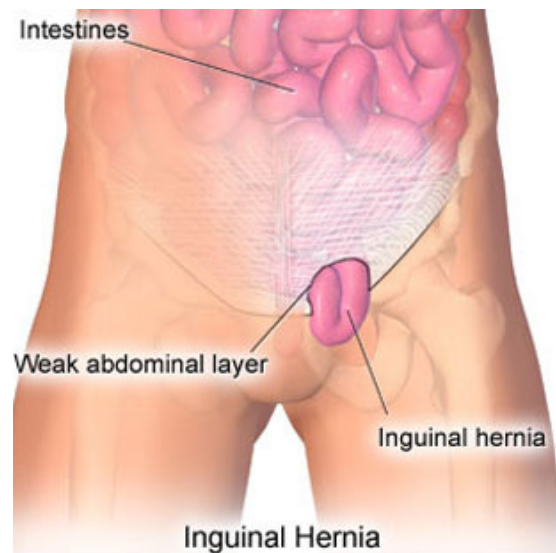
It would be incorrect to say that these techniques are not generally successful but recently the widespread use of mesh is being questioned. Risk of infection, chronic pain, rejection and migration are post-surgery concerns that have been discussed widely in the media. Mesh is not only used to repair hernias, it used in women during hysterectomy surgery and during surgery to rectify bladder weakness also in women.

Due to the negative press and accounts from people who have experienced significant problems, I was reluctant to commit to surgery. I was thrilled however to discover that there is a widely acclaimed no mesh hernia repair technique, which was pioneered by Indian surgeon Dr Mohan Desarda www.desarda.com. Dr Desarda was invited to speak at the first world hernia conference in Milan in 2015. The conference was attended by 5000 surgeons from around the world.

“...there is a widely acclaimed no mesh hernia repair technique, which was pioneered by Indian surgeon Dr Mohan Desarda.”

The Desarda technique for inguinal hernia repair uses live muscle tissue adjacent to the hernia site to repair and reinforce the weakened area. I was excited to learn that there is virtually a zero% recurrence rate with minimal or negligible post-operative early or late complications. The procedure is done under local anaesthetic with sedation and it takes approximately 90 minutes. I was even more surprised to learn that the price is a lot less than what one might pay for standard laparoscopic surgery.

Dr Gerald Young at City Med in Auckland has been at the forefront of hernia repair for many years and when he heard about the Desarda technique he wanted to find out more. Dr Young now offers hernia repair using this innovative technique and after seeing how well a friend had done, I was keen to go down this path. The day prior to my surgery I had 50 grams of



IV Vitamin C in addition to oral Vitamin C. I had been taking extra Vitamin D for two weeks prior and I had also increased my daily dose of zinc and curcumin.

On the morning of the surgery I took six grams of oral vitamin C (prior to the nil by mouth period). I wasn't sure what to expect when having surgery without general anaesthesia. The sedation however put me in the twilight zone and I was hardly aware of anything. Immediately following the surgery I stepped off the operating table and was driven home. I took more oral vitamin C and drank a lot of water. When the local anaesthetic wore off I was quite sore but I didn't feel that I needed any pain relief. The next day I had another 50 grams of IV vitamin C. I would describe the pain more as discomfort although coughing and sneezing was not a fun experience. Each day following there was noticeable improvement and three weeks later I am back out on my paddleboard and walking at my normal speed.

All in all an excellent outcome. I am happy to provide more information for anyone interested.

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Health Tip of the Month

Many people are now filtering the water supply to the house. I have recently installed this system. It's wonderful to have a shower or bath in pure water without the chemicals. No stains on the shower glass either. I anticipate enjoying it for 7+ years before it needs attention.
www.healthproducts.co.nz

