

# BACK TO THE WAY IT SHOULD BE



**FREE HEALTH LECTURE + HERNIA SCREENING**

## Hernia symptoms you shouldn't ignore

**When** Monday, Feb. 5, from 7 to 8 p.m..

**Where** Boulder Jewish Community Center, 6007 Oreg Ave.

### Do you experience any of these symptoms?

- Disturbing swelling in your groin?
- Pain in your groin when you cough, bend over or lift something heavy?
- Weakness, pressure or a feeling of heaviness in your groin?

If so, you might have a hernia. It happens when a part of the small intestine or fat pushes through a weak area of your lower abdominal wall. Left untreated, a hernia can lead to serious and potentially life-threatening health problems, so you shouldn't ignore these symptoms.

Come hear general surgeon Dr. Kyle Marthaller describe symptoms of a hernia, its potential complications, and when to visit a doctor. Then learn about the latest treatment options, including minimally invasive robotic-assisted surgery.

**RESERVATIONS REQUIRED:**  
[bchlectures.org/hernia](http://bchlectures.org/hernia) • 303-415-4212



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### BONUS ACTIVITIES

**8 to 8:30 p.m.**

After the lecture, attendees can get a free private, hernia screening (first-come, first-served)

**6 to 7 p.m.**

Arrive early to see our state-of-the-art da Vinci Xi surgical robot

