

12/2/26.

Name: Subhramanian

Address: North Paravoor

Age: 67

Ration Card: Blue.

Gender: Male.

Occupation: Manual dait
worker

Chief Presenting Complaint:

- 1) Pain & Swelling over right inguinal region x 6 months
- 2) Pain & Swelling over left inguinal region x 6 months

History of Presenting Illness:

Patient was apparently normal 8 months back in which he complaints of an aching type of pain, ^{over it} during weight lifting. Then he noticed a swelling over the right inguinal region/groin. Swelling size has increased its size from 2×2 cm to 5×5 cm.

[No h/o colicky abdominal pain, vomiting, abdominal distension & absolute constipation.

(rule out obstruction of lumen of bowel)
2 months later a similar swelling was noticed over left inguinal region. Swellings does not disappear on lying down. †

[No h/o persistent coughing, frequency of micturition.

Past History

- No h/o similar illness in the past
- Past Surgical h/o of gall bladder stone removal surgery - 30 years ago with visible scar.
- Past medical history of hypertension for 6 months - Mx Telmisartan
- no h/o other surgeries
- no h/o DM, chronic bronchitis, asthma, TB.

Family History

- No similar illness in any of family members.

Personal History

- Mixed diet
- Normal appetite
- " " Sleep
- Normal & Regular Bowel & Bladder habits
- No addictions

Treatment History

- Was admitted in Greece for the complaints and was given medication but not relieved

General Examination:-

- Patient was conscious cooperative and lying on bed.
- Pallor, Icterus, Cyanosis, Edema, Lymphadenopathy
↳ Not present

→ Clubbing - Present.

Vitals:-

- 1) Pulse → 88 beats/min
- 2) BP → 142/86 mm Hg
- 3) Respiratory rate → 16 cycle/min → Abdomino thoracic.
- 4) Temp → Afebrile

Local Examination :- With the patient's consent examination was done in a well lit room

Inspection :- with adequate light & privacy was maintained.
 done in both standing & supine position.
 patient exposed from umbilicus to mid thigh in both standing & lying position

- 1) Swelling was not visible at rest.
- 2) Skin over the swelling normal.
- 3) no impulse on coughing visible.
- 4) Position of penis & scrotum normal.

Palpation:-

① left swelling
 size about 2x3 cm oval swelling

- Tenderness over right side not examined
- no local rise in temp
- Position & Extent located Above inguinal ligament & medial to pubic tubercle
- Cannot get above swelling
- Consistency was doughy.
- Relation of swelling to the testis
 ↳ above testis

- Impulse on coughing present.
- Reducible Swelling is reducible.

Palpation right side :- Tenderness was noted; therefore proper palpation is not done.

Zieman's test : felt on middle finger.

Ring occlusion → medial to occluded thumb keeping.

Recurvatum → bull not

Systemic Examn → CVS
→ RS
→ GIT
→ CVS.

Summary:-

→ Subhramanian, 67 yr old male from North Paruvoor comes to with complaints of Pain & Swelling over the right groin 8 months back & over left groin 6 months back. during weight lifting. He sought medical treatment 8 months back but not relieved. The size of the swelling over right groin increased from 2x2 cm to 5x5 cm gradually.

→ He is a known hypertensive since 6 months and on medication. He had a history of gall bladder stones surgery 30 years back with visible scar.

→ On general examination clubbing was present & all others were normal

→ On Local examination, there is tenderness over the right inguinal region so not examined. Over On examination of the left inguinal region a Swelling about 5x5 cm above ~~in~~ was found above inguinal ligament & medial to pubic tubercle; the consistency was doughy; Impulse on coughing present & Swelling is reducible.

→ Based on the h/o heavy wt-lifting & clinical finding of reducible, doughy swelling, medial to pubic T.
 Probable Diagnosis:
 → Most probably, ^{incomplete} direct bilateral direct inguinal hernia (mostly omentocoele) in which ~~via~~ right one is reducible & uncomplicated.