Spigelian hernia
Our experience and review of the literature

BACKGROUND: Spigelian hernia is an uncommon and rare abdominal wall defect. We present our series of patients with Spigelian hernia and a literature review.

METHODS: We carried out a retrospective review of patients operated on from 2005 to 2011 at Ondokuz Mayis University Medical Faculty Department of General Surgery. Epidemiological aspects, diagnostic methods, surgical techniques, morbidity, hospital stay, recurrences and follow up were analyzed.

RESULTS: We have treated 9 patients, 7 female and 2 male, with a mean age of 64 (range 47-81) years. Right side was the most frequent location. Risk factors were present in 77.8% of patients. Diagnosis was made clinically in 7 of 9 cases but preoperative imaging was made in all patients for obtain detailed information about the defect. Open hernioplasty with polypropylene mesh placed over the external oblique aponeurosis constitutes the most frequent technique (44.5%) used by repair with a primary suturation (33.3%). The remaining 22.2% of cases were laparoscopic hernioplasty placing intraperitoneal position a mesh (22.2%). Mean hospital stay was 5.1 days (range 2-9), however if we look the laparoscopic cases the time decreased to 2.5 days. One recurrence was noted during the 15th month of follow-up, which has already been operated on. The mean follow-up period of this study was 58 months. No mortality was observed among patients.

CONCLUSIONS: Spigelian hernia is rare and requires a high index of suspicion given the lack of consistent symptoms and signs. The physician should secure the diagnosis combining a proper history and physical examination with the preoperative imaging. Surgical technique depends on patient characteristics, type of hernia and surgeon experience.

KEY WORDS: Hernioplasty, Mesh, Spigelian hernia

Introduction

The Spigelian hernia (SH) was emerged from the French anatomist Adriaan van Spieghel, who described the semilunar line for the first time in 1645. However Klinkosch was the first who described a spontaneous lateral ventral hernia at the level of Spieghel's semilunar line in 1764 1-3. It is also called spontaneous lateral ventral hernia, hernia of semilunar line, hernia of the conjoint tendon or interstitial ventral hernia. Spigelian hernia is rare, and represents 0.1-2% of all abdominal wall hernias 4. The hernia appears to peak in the 4th to 7th decades. The male to female ratio is 1:1.18 5. Different surgical techniques including suture or mesh repairs via open or laparoscopic approaches have been performed for the repair of Spigelian hernia in our hospital. We present the results of our own series and a literature review.

Patients and methods

We carried out a retrospective review of patients operated on from 2005 to 2011 at Ondokuz Mayis University Medical Faculty Samsun Hospital. The assessed parameters were as follows: epidemiological...
aspects (age, gender), associated risk factors (obesity, chronic obstructive pulmonary disease, previous abdominal surgery, other associated hernias), symptoms of presentation, diagnostic methods (clinical or radiological), surgical technique characteristics (elective or emergency operation, hernioplasty or primary suture, open or laparoscopic approach) morbidity, hospital stay, recurrences and follow-up.

Operative Procedure

OPEN SURGERY
A transverse incision is sited over the protrusion. External oblique aponeurosis was incised in the direction of its fibers to expose the peritoneal sac. Most surgeons simply invert the sac alone. The aponeurosis of external oblique muscle was closed by interrupt suture and a polypropylene mesh was placed over the aponeurosis of external oblique muscle and then fixed with interrupt suture.

LAPAROSCOPIC SURGERY
Intraperitoneal access was performed using veress needle. Once abdominal access was obtained, site of hernial orifice is readily identified and ports are placed at least 10 cm away from the hernia defect in the form of an arc of a circle whose center is the hernial defect. Contents were reduced from the sac and adhesiolysis was performed if required to obtain an overlap of 5 cm around the defect for a synthetic mesh. The mesh is fixed using a combination of transabdominal sutures.

Results

Between January 2005 and December 2011, 9 patients underwent surgery for Spigelian hernia. Seven patients (77.8%) were female and 2 patients (22.2%) were male. The mean age was 64 years (range 47-81). There were slightly more right-sided hernias than left-sided ones, 5 patients (55.6%) had right and four patients (44.4%) had a left Spigelian hernia. Risk factors were present in 77.8% of patients and a history of previous abdominal operation was the most frequent one (Table I). In two patient (22.2%) the Spigelian hernia appeared concomitantly with other type of abdominal wall hernia (umbilical and inguinal hernia). The most frequent symptom was pain and it was reported in 4 of our 9 patients (44.4%). In 2 of 9 (22.2%) an abdominal lump was present, in 2 of 9 (22.2%) an abdominal lump and pain was present and only one (11.2%) had bowel obstruction symptoms. Out of 2 patients with radiological preoperative examinations, diagnosis was made clinically based on anamnensis and physical examination in 7 cases (77.8%) but preoperative imaging was made all patients for obtain detailed information of hernia sac. We performed operations electively in 8 patients and under emergency conditions in one patient due to a bowel obstruction. Open hernioplasty with polypropylene mesh placed onlay of the external oblique aponeurosis constitutes the most frequent technique (44.5%), followed by repair with a primary suture (33.3%). The remaining 22.2% of cases were laparoscopic hernioplasty placing a bilaminar mesh with intraperitoneal position. In one patient bowel resection was needed because of incarceration. The 22.2% of patients required surgical repair of another abdominal wall hernia during the operation for Spigelian hernia (one umbilical and one inguinal hernioplasty). During the postoperative care one patient had wound infection and one patient had seroma. There was neither serious morbidity nor mortality. Mean hospital stay was 5.1 days (range 2-9) however if we look the laparoscopic cases the time falls to 2.5 days. One recurrence (11.1%) was noted during the 15th month of follow-up, which has already been operated on. The mean follow-up period of this study was 58 months (range 6–76). We did not observe any mortality throughout the study.

Discussion

Spigelian hernia occurs most often in a paramedian region lying 0 to 6 cm cranial to a line running between both anterior superior iliac spines, referred to as the “Spigelian hernia belt” 5. In the initial stages of development, Spigelian hernias are often difficult to diagnose by physical examination because the hernia originates inferior to an intact external oblique aponeurosis 6.
Clinical presentation varies, depending on the contents of the hernia sac. Pain which is exacerbated by contraction of the abdominal musculature is the most common symptom associated with Spigelian hernia and is described by over 60% of patients. The second most common clinical feature is a palpable abdominal mass which is present in approximately 35% of cases 7. Spigelian hernia characteristically possess a narrow neck (0.5-2 cm in diameter) and at presentation approximately 20% of hernias are incarcerated and 14% are strangulated 8. In most cases, the hernia sac contains the omentum but may also contain the small intestine or colon 9.

The diagnosis of a Spigelian hernia is difficult; few surgeons suspect it, it has no characteristic symptoms, and the hernia may be interparietal with no obvious mass on inspection or palpation. Only 50% of cases are diagnosed preoperatively 10. Diagnosis is not possible in some cases. Of those cases with undoubt diagnostic are advisable to perform sonography or tomography 11. These imaging techniques can help to get the diagnosis and specially can provide data on the exact location of the defect, size, surrounding tissue and hernia sac content. The use of imaging techniques ranged from 30% to 100% in different series 12,13. Morenilla LM et al. analyzed 162 cases of Spigelian hernia and reported that ultrasound and computed tomography could give the detail information of the content of hernia sac and both of them were helpful diagnostic tools 14.

Despite all this helpful information imaging techniques offer a small percentage of patients emergency surgery required: 21% for Moreno-Egea 15, the same as Bittner 31. Published results with any of the existing surgical techniques are good as regards the low recurrence rate that ranges from 0 to 8%. The number of patients of these studies is very small to find statistical differences 14,28,32,33.

Conclusion

Spigelian hernia is a rare condition, which is frequently difficult to diagnose if not suspect it. Due to the relatively high risk of strangulation, all patients with Spigelian hernias should be offered surgery, regardless of symptoms. The type of repair is dependent on the individual situation but primary, mesh, or laparoscopic techniques appear to be viable options.

L’ernia di Spigelio è un difetto comune e raro della parete addominale. Vi presentiamo la nostra serie di pazienti con ernia di Spigelio e una revisione della letteratura. 

**Riassunto**

L’ernia di Spigelio è un difetto comune e raro della parete addominale. Vi presentiamo la nostra serie di pazienti con ernia di Spigelio e una revisione della letteratura.
diagnostici, tecniche chirurgiche, morbidità, degenza ospedaliera, recidive e follow-up sono stati analizzati.

**RISULTATI:** Abbiamo trattato 9 pazienti, 7 femmine e 2 maschi, con un'età media di 64 (range 47-81) anni. Il lato destro era la posizione più frequente. I fattori di rischio erano presenti nel 77,8% dei pazienti. La diagnosi è stata fatta clinicamente in 7 di 9 casi ma un imaging pre-operatoria è stato fatto in tutti i pazienti per ottenere informazioni dettagliate sul difetto. Apri ernioplastica con rete in polipropilene posta sopra l'aponeurosi obliqua esterna costituisce la tecnica più frequente (44,5%), seguita dalla riparazione con una sutura primaria (33,3%). Il restante 22,2% dei casi sono state ernioplastiche laparoscopiche collocate in posizione mesh intraperitoneale (22,2%). La degenza media è stata di 5,1 giorni (range 2-9), nei casi laparoscopici questo numero è diminuito a 2,5 giorni. Una recidiva è stata notata nel corso del mese 15 di follow-up, che è già stato operato. La media del follow-up di questo studio era di 58 mesi. Nessuna mortalità è stata osservata tra i pazienti.

**CONCLUSIONI:** L’ernia di Spigelio è rara e richiede un alto indice di sospetto a causa della mancanza di sintomi coerenti e segni, il medico deve garantire la diagnosi corretta, combinazione di una storia e l’esame fisico con l’imaging pre-operatoria. La tecnica chirurgica dipende dalle caratteristiche del paziente, dal tipo di ernia e dall’esperienza del chirurgo.

**References**


Spigelian hernia: Our experience and review of the literature


