

Surgical Expertise HELPS WOMAN OVERCOME Complex Abdominal Problems

Keyport resident Nicole Caddle has had her fair share of medical procedures. Over the years, she has undergone gallbladder surgery, a hysterectomy, a bowel resection, and a number of hernia repair surgeries — all of which took a natural toll on her core muscles. With the added strain of delivering her four children, Nicole’s abdominal wall was extremely weak. So when the 66-year-old began feeling new hernias — bulges of tissue in weak areas of the abdominal wall — in January 2012, she wasn’t surprised. Thankfully, she found a solution at Bayshore Community Hospital.

“In the past, my body rejected the synthetic mesh typically used to repair hernias, which caused severe infections and had to be removed. Because my case was so complex, my doctor referred me to a new specialist at Bayshore,” Nicole says. “I had been dealing with hernias for more than 30 years and was ready to nip the problem in the bud.”

An Advanced Approach

Nicole was referred to Lauren Fischer, M.D., FACS, a general surgeon who specializes in many types of advanced hernia repair. Dr. Fischer performed imaging tests and found that Nicole’s abdominal muscles were completely displaced to her sides. She had no core muscles to support the strain of everyday life, such as carrying groceries or getting out of bed. As a

result, she no longer had the structure to hold in the hernias. Without repair, these hernias would continue to grow.

“Although we perform hernia repair surgery of all kinds, Nicole required a more specialized, multi-disciplinary approach,” Dr. Fischer explains. “In order to repair her hernias, we needed to completely reconstruct her abdominal wall.”

Dr. Fischer called on board certified plastic surgeon Asaad Samra, M.D., FACS, to collaborate on Nicole’s surgery. During the complex operation, Dr. Fischer reduced the hernias and Dr. Samra moved Nicole’s abdominal muscles to reconstruct her abdominal wall, reinforcing her weakened muscles with biologic, not synthetic, mesh.

“This surgery was the first of its kind performed at Bayshore,” Dr. Fischer says. “It’s an example of the types of highly specialized hernia repair options we provide. This allows our community to have many advanced treatment options closer to home.”



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Dr. Fischer adds that Bayshore now also offers minimally invasive hernia repair options and other advanced techniques for people with all types and severities of hernias.

A Long-Term Solution

Nicole’s surgery was a spectacular success. Now she’s happy to be performing everyday activities again, like playing with her grandchildren, Amelia and Dominick.

“I haven’t had a problem with hernias since my surgery — the first time in years,” Nicole says. “I had absolutely wonderful surgeons.”

After a complex procedure to repair her hernias, Nicole Caddle is feeling great and enjoying her grandchildren.



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