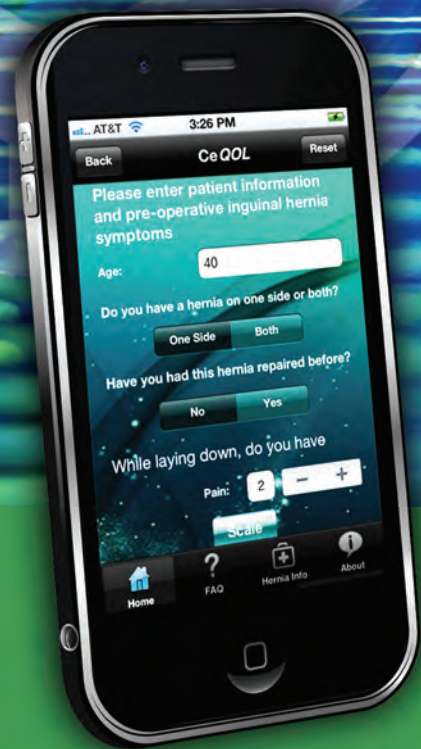


# Hernia Repair Surgery?



Carolinan HealthCare System

**There's an App for that.**

*Carolinan Equation for Quality of Life (CeQOL)*

# Carolinas Equation for Quality of Life (CeQOL)

**CeQOL is a software application for smart phones and tablet computers that can be used by physicians and patients to calculate the risk of chronic pain 1 year after surgery.** CeQOL was designed to educate patients about the most common complication (chronic pain) after the most common surgical procedure performed in the world (inguinal hernia).

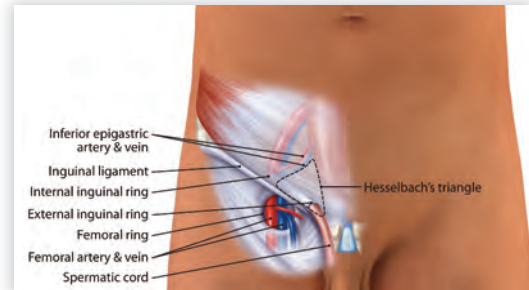
Your patients can download the app to their smart phone or tablet for absolutely no cost. It is easy-to-use and only requires input of the patients' age, whether the hernia is unilateral or bilateral, if it is a recurrent or primary hernia, and an abbreviated version of the Carolinas Comfort Scale™, consisting of 15 quality of life questions. The app then executes a complex algorithm to determine the risk of discomfort 1 year after surgery.

CeQOL can help you identify patients at high risk of chronic pain so that you can appropriately counsel them on their quality of life risk during the process of informed consent.

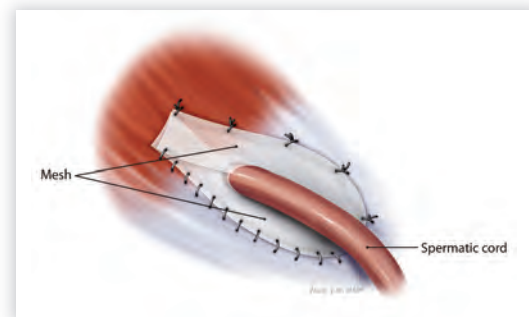
Younger patients, recurrent hernias, and bilateral hernias are all associated with increased chance of post-operative pain. Pre-operative symptoms are also strongly associated with post-operative discomfort. The severity of the pre-operative symptoms also contribute strongly to increased risk.

Patients with pre-operative symptoms will have higher risk scores, at times the risk may seem very high. It is important to recall that these higher risk scores are in patients that already have discomfort. These patients have a 100% chance of discomfort without surgery, while operative repair offers a real chance at eliminating their discomfort. CeQOL was developed and validated using a large, prospective, multinational database containing quality of life data in almost 1700 inguinal hernia repairs with 1 year of follow-up data. The data utilized is representative of populations across the USA, Canada, Europe, and Australia. Laparoscopic and open repair techniques were included in algorithm development, and the choice of repair method has been demonstrated to have no effect on discomfort 1 year post-operatively.

## Anatomy of the Groin



## Lichtenstein Mesh Repair



CeQOL also contains a wealth of educational material for your patients. This includes multiple types of hernias, repair techniques, the risks and benefits of surgery, as well as quality of life information.



For more information go to  
[www.cmc-surgery.org/ceqol](http://www.cmc-surgery.org/ceqol)  
or scan the QR code