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**Press Release**

**LETO: Laparoscopic Treatment of Abdominal Wall Hernias**

All abdominal wall hernias can now be treated effectively using the latest laparoscopic surgery techniques, which offer an atraumatic and painless solution, with quick recovery times and no scarring.

Laparoscopic treatment of hernias has excellent results with regard to absence of postoperative pain and short hospitalization (less than 24 hours). Furthermore, return to work and normal activities is faster compared to conventional open surgery.

These issues were discussed during a scientific meeting focusing on “Laparoscopic treatment of abdominal wall hernias”, organized by LETO Hospital’s new Laparoscopic Hernia Treatment Center. The meeting was attended by a number of distinguished scientists, including Dr Nikolaos Nikiteas, General Surgeon and Associate Professor of Surgery at the University of Athens Medical School.

More than 20 million hernia surgeries are performed annually worldwide, making it one of the most frequently performed surgical procedures. Men are 8 to 20 times more likely to undergo this type of surgery compared to women, depending on the type of hernia.

Dr Georgios Sambalis, General Surgeon and Director of LETO Hospital’s Laparoscopic Hernia Treatment Center, noted, “All abdominal wall hernias can now be treated using this method, including inguinal hernia (both unilateral and bilateral), femoral hernia, umbilical hernia, ventral hernia, as well as postoperative hernias. The laparoscopic technique is suitable for both men and women, and can also be performed on all types of recurrent hernias, reducing the recurrence and complication rates. In particular, the TEP (Totally Extraperitoneal) repair – which is currently used on the most frequently occurring hernia, the inguinal hernia – is performed in the extra-abdominal/preperitoneal space. As a result, the intestines remain intact and the mesh is placed in the space created by the hernia, without coming into contact with any of the internal organs. The same method is also successfully applied in hernia syndrome, known as “sports hernia”.

LETO Hospital’s CEO, Mr Leonidas Papadopoulos, underlined, “After the successful launch of the innovative Laparoscopic Surgery Department, our Hospital has established the Laparoscopic Hernia Treatment Center, with the aim of treating all types of hernias, in both men and women. As a Maternity, Gynecological & Surgical Center, LETO has been developing specialized departments, for the benefit of men, women and families.”

LETO MATERNITY HOSPITAL S.A.