



Preperitoneal eTEP and other minimal invasive hernia repairs in Guadalajara (Mexico) with Dr. Hector Valenzuela

At the SWISS HERNIA DAYS in 2024 in Basel I was the fortunate one to win the 6TH Swiss Hernia Day International Fellowship hosted by Hector Valenzuela from Guadalajara, Mexico. Soon after we decided on a two-week trip to make the most out of it, when traveling so far.

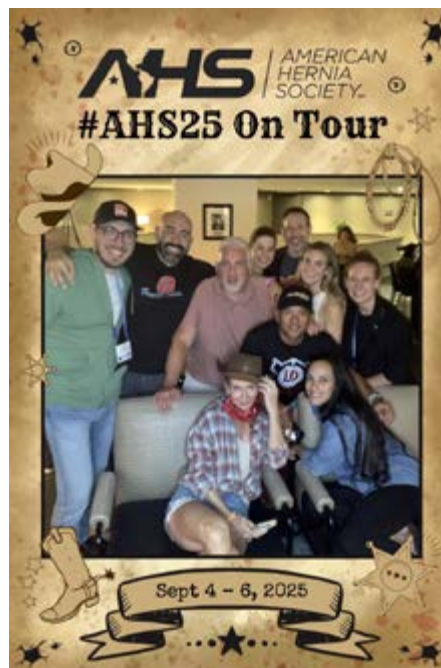
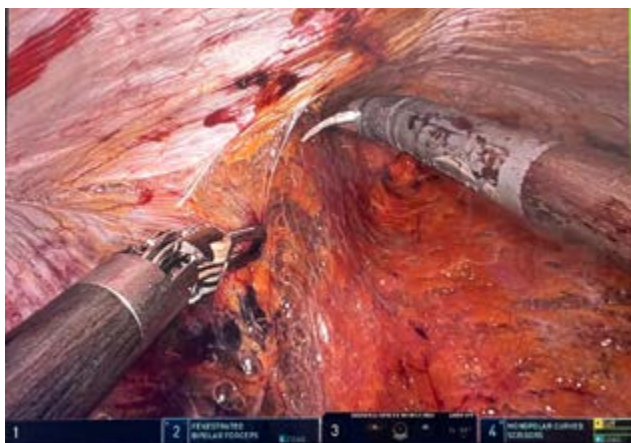
Most of my days I spend in Guadalajara, where Hector has his clinic with scheduled consultations twice a week and surgeries planned every day in various hospitals, tailored to the patients needs.

During that time, I had the pleasure of observing two cases of preperitoneal eTEP, one robotic, one laparoscopic, for what I was most excited about. Hector is one of the leaders in the field of eTEP. He explained every step of the surgery, from selecting the right patients, trocar placement and finding the right plane to get the best results, giving me the "recipe" to perform it myself back at my hospital in Switzerland. While being with Hector and his team I felt like being part of it, being able to discuss the various other surgeries we performed in those days, eTEP Rives-Stoppa (laparoscopic, robotic), TAR and inguinal hernia repair.



Comparing his approach to ours home in Schaffhausen (Switzerland) I found lots of similarities alongside a few differences, expanding my tool box to become a better surgeon.

Another highlight was, that I was able to be a part of Hector's annual Mexican eTEP course. Two days filled with lectures about minimal invasive abdominal wall reconstruction, hands-on training in abdominal wall ultrasound, dry lap skills stations and live surgeries.



On the final days of those two weeks, we traveled together to Nashville, Tennessee, where the AHS (American Hernia Society) held its annual meeting. During those four days I had the pleasure of meeting the global experts in hernia repair, hearing inspiring lectures and making lots of new hernia friends.

After getting back home I couldn't wait to share all those new insides and ideas to provide our patients with the best possible hernia repair and a fast recovery.

Finally, I just want to thank Hector and his team for these two unforgettable weeks, where I felt right at home and learned so much. And a big "thank you" to Philipp and Henry and the SWISS HERNIA DAYS, who offer such a unique opportunity as the SHD INTERNATIONAL FELLOWSHIP.



Elise Betz

Oberärztin i.V. Chirurgie,
Spitäler Schaffhausen
(Switzerland)