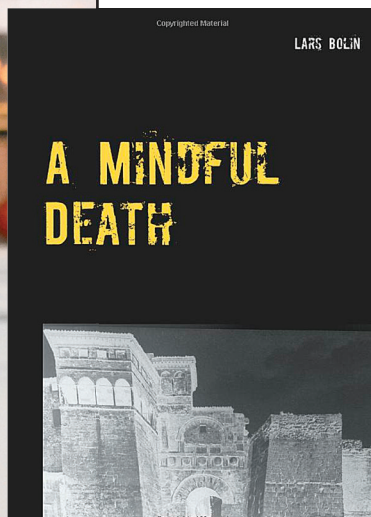
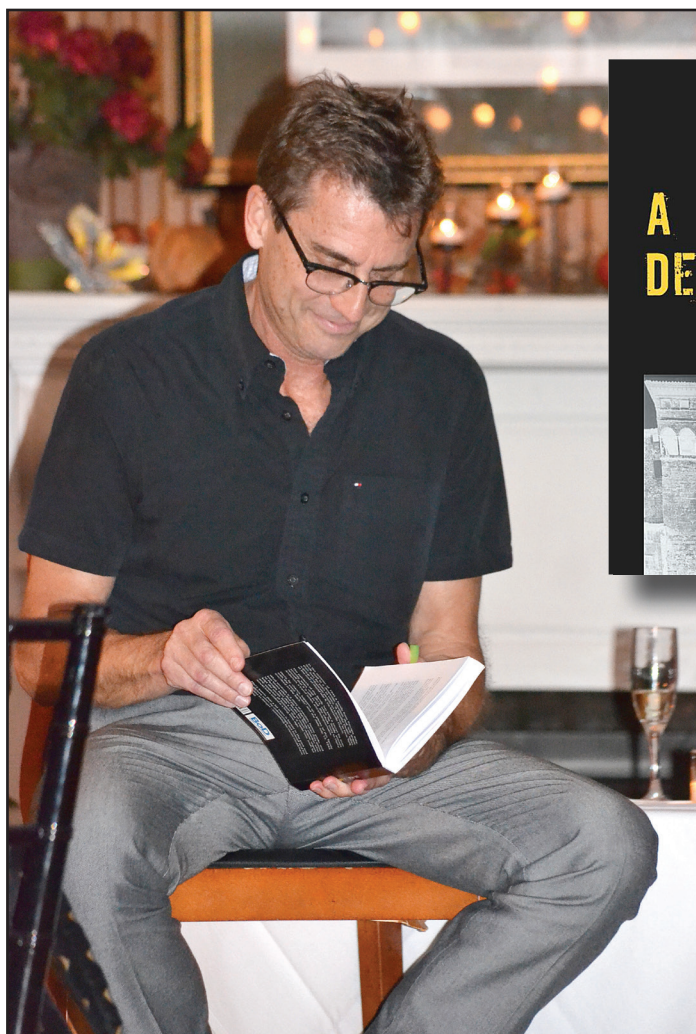


# Somers author revels in post-published bliss



Lars Bolin's debut novel, "A Mindful Death"

Lars Bolin smiles as he finishes reading a passage from his book.

PHOTO: GABRIELLE BILIK

BY GABRIELLE BILIK  
STAFF WRITER

When The Somers Record last caught up with Lars Bolin, the international banker-turned-consultant/life coach, he was in the process of self-publishing his first suspense novel, "A Mindful Death."

In May he accomplished his goal, when his book was pub-

lished in Sweden. Last week, he returned to the U.S., his former home of 28 years, for the U.S. launch of the book.

A progeny of Somers writing/editing dream team Linda and Jay Spear, who have been helping local writers publish for the last five years, Bolin made sure they

SEE **BOLIN** PAGE 19

## MAHOPAC MARINA

Winter Storage in a Locked, Secure Yard  
Winterization \* Shrink Wrapping

State of the Art Facility  
Winter Storage Available  
Rack and Trailer • Outdoor Ground Storage

Full Service Marina  
Free Local Pickup  
with This Ad on  
Winter Storage Packages

Same day  
winterization service  
while you wait

**845-628-6550**  
897 South Lake Blvd., Mahopac, NY • Open 7 Days  
**www.mahopacmarina.com**  
*The Melchner Family has been serving the Hudson Valley since 1969!*



## Hernia Repair Methods and Recovery

Find out what's right for you...

### Ask the Doctor

**Dr. Amanda Messina, FACS**  
Bariatric Surgery & General Surgery  
Northern Westchester Hospital

**Learn more about  
Dr. Messina, visit  
nwhsurgicalweightloss.  
org/DrMessina**

#### Q: What is a hernia?

**A:** A hernia is an opening within muscles or connective tissue, called fascia, through which intestines or fat protrudes. Hernias tend to occur in the belly through previous incisions, or most commonly in the groin, which is known as an inguinal hernia. They can develop at any age, from birth onward. Hernias may grow over time or they can come on suddenly; they may result from strenuous activity, heavy lifting, during pregnancy, or even from a fit of coughing.

#### Q: What should I do if I think I have a hernia?

**A:** It's important to seek medical attention right away if you think you have a hernia. Aside from resting and taking ibuprofen for pain, unfortunately there isn't a lot that people can do on their own when it comes to treating a hernia. The only definitive treatment is surgery. Hernias, if left untreated, can continue to enlarge, putting you at risk for potentially dangerous complications, like lack of blood supply or strangulation to the intestines.

#### Q: What are the surgical options for treating a hernia?

**A:** Hernias are treated either by open repair, or minimally invasive surgery, which includes laparoscopy or robot-assisted surgery. At Northern Westchester Hospital all methods are available and selected based on the size and location of the hernia. Inguinal hernias,

or hernias in the groin, require a synthetic mesh to repair and cover the defect, or hole. Other methods, like Laparoscopy and robotic hernia repair, allow the surgeon to make smaller incisions with smaller operating tools. In both types of surgery, the risk of complications is minimal – about the same as any surgical operation. Hernia repairs are ambulatory procedures and you'll be able to go home the same day. The risk of recurrence is slim: There's about a 5 percent chance that a person will experience another hernia in the same spot or elsewhere.

#### Q: How long is the recovery period?

**A:** I generally recommend patients take a week off from work and that they do not lift anything heavier than 25 pounds for at least six weeks. I typically don't restrict cardiovascular exercise with my patients and most patients are able to return to regular activities without pain after a few weeks.

### Did you know?

There are about 200,000 hernias diagnosed every year. About 2 percent occur in adults, 4 percent in infants.

Source: Centers for Disease Control and Prevention



**Northern Westchester  
Hospital**  
Northwell Health®

400 East Main Street | Mount Kisco, NY 10549  
(914) 666-1200 | [www.nwhc.net](http://www.nwhc.net)