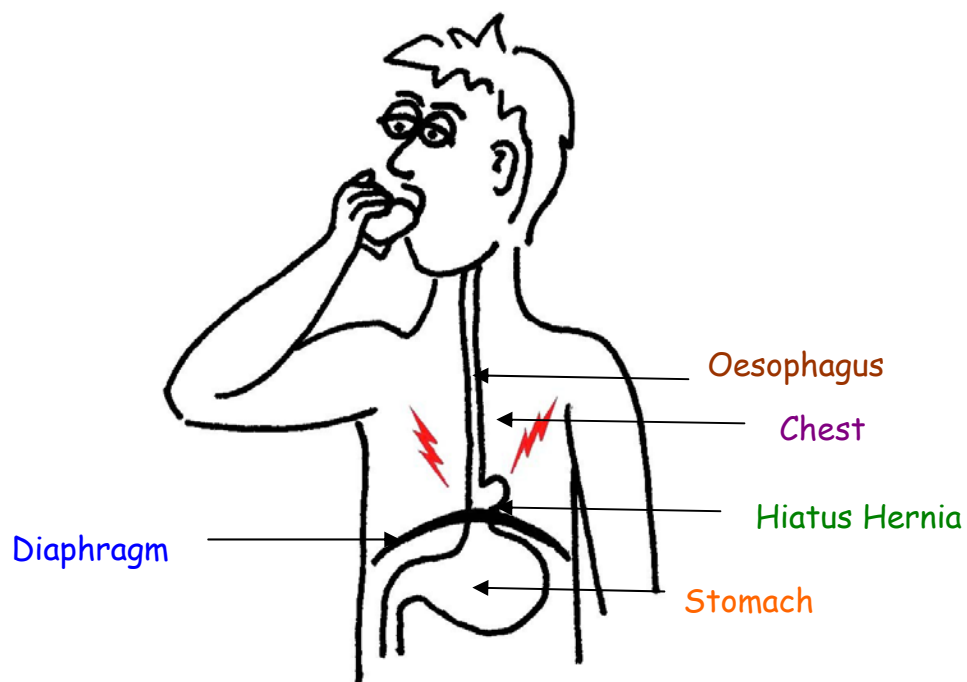


What is a Hiatus Hernia?



When you eat food and drink, it goes into your mouth first. When you swallow the food and drink, it goes down from your mouth into a long tube called the **oesophagus** and into your **stomach**.

The **diaphragm** is a piece of muscle between the **stomach** and the **chest**.

There is a hole in the **diaphragm**. Sometimes the top of the **stomach** can move and go up through the hole into the **chest**. This is called a **hiatus hernia**.

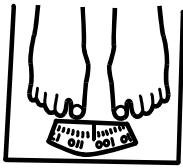
People who have a **hiatus hernia** may have some problems:

Reflux - this is like a burning feeling in your chest or your throat.

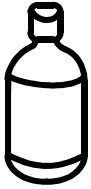
Sometimes nasty tasting liquid may come up into your mouth, especially if you

- lie down
- bend forward
- wear clothes that are too tight

Things you can do to help yourself



Lose weight if you are overweight



Take antacid medicine given to you by your doctor



Eat smaller meals more often



Wear loose clothes, especially around your waist.
Try to avoid tight belts



Use pillows to raise your head in bed



Think about how you are sitting. Sit up straight at the meal table



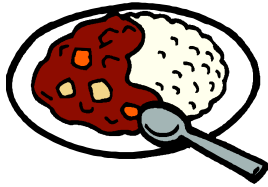
Eat slowly and chew your food well. Sit down to eat and drink and try to make this a relaxing time

X



Don't Smoke

X



Avoid very fatty or spicy food, e.g. curry, chilli or fried or oily foods

X

Drink less strong coffee and strong tea



X



Drink less alcohol, especially spirits, e.g. whiskey, brandy, vodka,

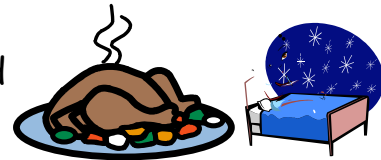
X

Avoid very hot drinks



X

Avoid eating a large meal just before you go to bed



X

Drink less fizzy drink like Coke, Tango, Fanta



Other Treatments

Sometimes an operation may be needed.

The **stomach** is moved back to where it should be under the **diaphragm**.

The doctor stitches the top of the **stomach** around the **oesophagus**.

