



gihealth.com.au



reception@gihealth.com.au



03 9709 2777



Endoscopy

Gastrointestinal Medicine

Nutrition



# The Centre for GI Health

## HIATUS HERNIA

Hiatus hernias are very common - Up to 60% of people over 60 years have a hernia. They are not a cause of cancer and usually do not require surgical correction.

Hiatus hernias occur when a part of the stomach slides up through the opening in the diaphragm, through which the oesophagus (gullet) normally passes (diaphragmatic hiatus).

Most hernias are of a sliding type. Occasionally the stomach rolls up through the diaphragmatic hiatus, this is called a rolling or para-oesophageal hernia.

Whilst in many cases hiatus hernias do not cause symptoms, they are often associated with heartburn. If this symptom is experienced, medications which reduce gastric acid production may be required. Inform your doctor if you are experiencing symptoms.

Losing weight and avoiding clothes that are tight around the abdomen usually helps limit symptoms.

### KEY WORDS:

**Protrusion** of the stomach (part of) above the diaphragm (into chest cavity).

