

Hiatus Hernia

A condition in which a portion of the stomach protrudes through the diaphragmatic hiatus

This is the view from the back of our ship

- Cause is unknown
- Obesity and smoking increases the risk of developing hiatus herniae
- Can occur from birth as congenital hiatus hernia
- Usually associated with gastro-oesophageal reflux in infants

Hiatus Hernia

- A common condition
- Most prevalent in people over 50 years old
- May be classified as rolling or sliding hiatus hernia

Symptoms

- Many are asymptomatic
- Retro-sternal pain, usually worse on bending and lying flat
- Dysphagia
- Chest Pain
- Belching

Investigations

- Barium Swallow
- Endoscopic investigation
- Picture shows protrusion of the stomach above the diaphragm



Treatment

- Aims of treatment are to relieve symptoms and to prevent complications developing
- Drug therapy is used to limit oesophageal irritation by gastric secretions
- Medications may include antacids, H₂ antagonists and proton pump inhibitors or drugs that strengthen the cardiac sphincter

Acid Reducing Drugs

- H₂ Antagonists include Tagamet (Cimetidine), Zantac (Ranitidine), Pepcid (Famotidine) & Axid (Nizatidine)
- These drugs block the histamine receptors sites that promote HCl secretion
- They are usually well tolerated
- Side effects may include headache, dizziness, rash, diarrhoea, decreased libido and sexual impairment

Acid Reducing Drugs

- Antacids are tablets made from alkaline salts which neutralise the acid within gastric secretion
- These may include calcium carbonate, Aluminium salts, Magnesium salts and Sodium citrate
- Side effects may include constipation, hypercalcaemia, hypermagnesaemia, haemorrhoids, diarrhoea & vomiting

Acid Reducing Drugs

- Proton pump inhibitors stop the secretion of HCl into gastric secretions.
- Most common forms of this type of drug is
 - Omeprazole (Prilosec)
 - Lansoprazole (Prevacid)

Side effects are rare but may include constipation

Treatment Continued

- Lifestyle changes can be made to limit the symptoms of hiatus hernia, these can include:
 - Avoidance of large or heavy meals
 - Never lie or bend down after a meal
 - Weight Reduction
 - Stop Smoking
 - Raise the head of the bed

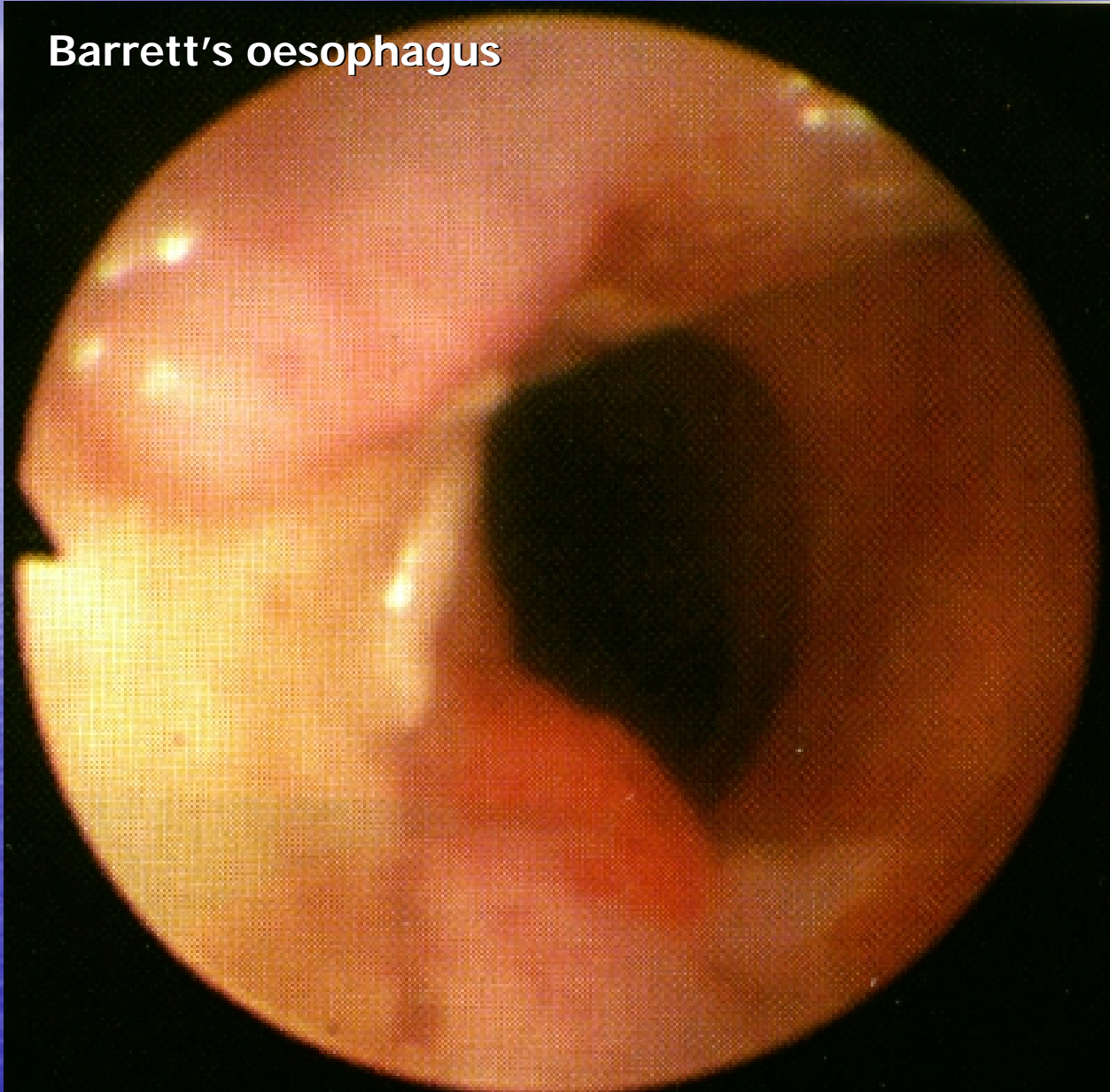
Treatment & Prognosis

- Failure to control the symptoms with drug therapy may necessitate surgical repair of the hiatus hernia
- Most symptoms are alleviated with treatment

Complications

- Gastro-intestinal bleeding, usually slow
- Iron Deficient Anaemia
- Aspirational Pneumonia
- Strangulation of hernia

Barrett's oesophagus



Candidia

