





Dr Melissa White

MBBS (QLD) FRACP
Gastroenterologist

Provider No: 034161CL

Suite 2/52 Burnett St
Buderim, Qld, 4556

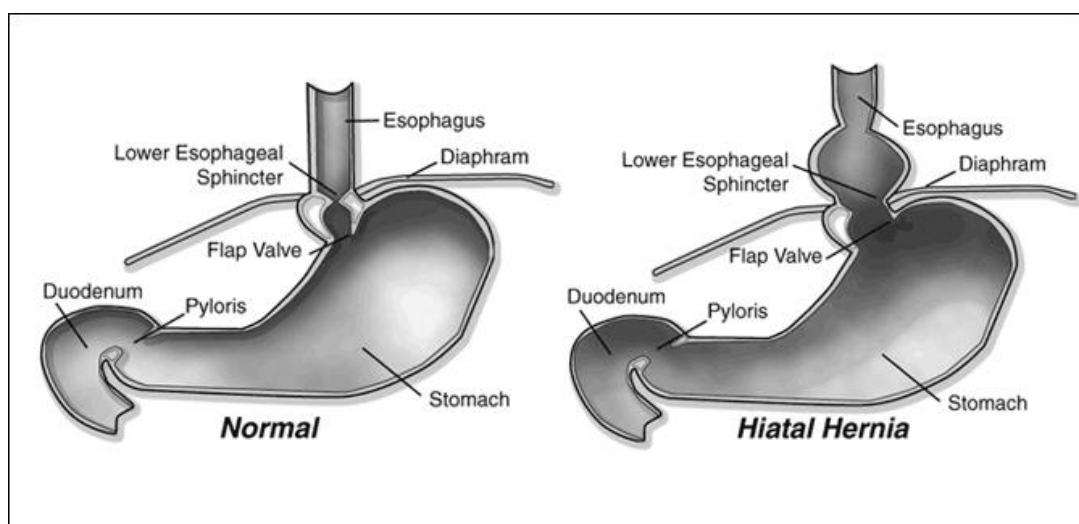
 (07) 5456 4278

 (07) 5450 1045

www.melissawhitegastro.com.au

Hiatus Hernia

A Hiatus Hernia is the protrusion (or herniation) of the upper part of the stomach into the chest cavity through a weakness in the diaphragm. Hiatus hernia is diagnosed in 30% of the GORD (gastro-oesophageal reflux disease) population. This disorder is associated with delayed oesophageal acid clearance and with a higher frequency of retrograde flow episodes due to sphincter relaxation.



Gastric acid secretion plays a critical role in the digestive process. Hydrochloric acid acts in the stomach which is protected from this acidity by the structure of the gastric mucosa. The oesophagus, however, has no protection against acid damage and gastro-oesophageal reflux may result in significant lesions that impair quality of life and increase the symptoms of patients.

The gastro-oesophageal junction is represented by the Lower Oesophageal Sphincter (LOS) and exhibits tonic contraction at rest which makes it a high pressure area. It acts as a barrier to prevent reflux of the gastric contents to the thoracic portion of the oesophagus.