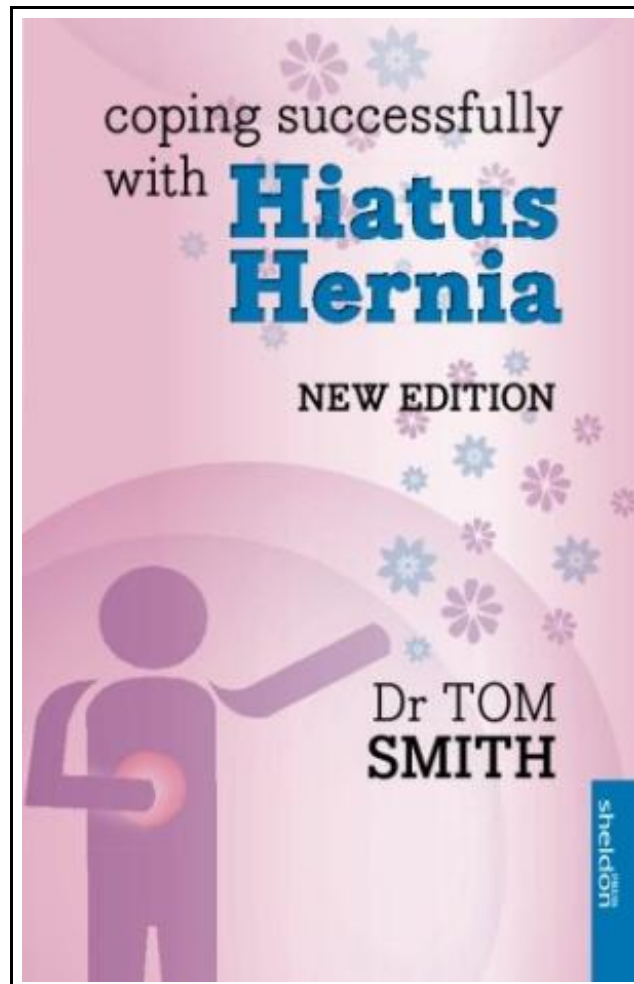


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SPCK Publishing. Paperback. Book Condition: new. BRAND NEW, Coping Successfully with Your Hiatus Hernia, Tom Smith, This classic book (previous edition reprinted five times) gives a thorough update on the latest surgical techniques, medicines and self-help measures effective in reducing the discomfort of a hiatus hernia. Around one in five GP visits is due to a hiatus hernia, a digestive problem which causes heartburn, indigestion and chest pains, and prevalence is increasing as obesity becomes more common. Untreated hiatus hernia may lead to complications such as a scarring and ulcers in the oesophagus. Lifestyle measures are important - changing eating patterns, sleeping position and posture in order to allow the gap in the stomach to heal. Medicines are mainly antacids, which reduce the amount of acid in the stomach. Surgery is used as a last resort, although the NHS undertakes some 100,000 hernia repair operations a year. This new edition looks at the latest in medication and surgical techniques, and offers updated lifestyle advice particularly with the overweight person in mind.



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