

Hiatal Hernia

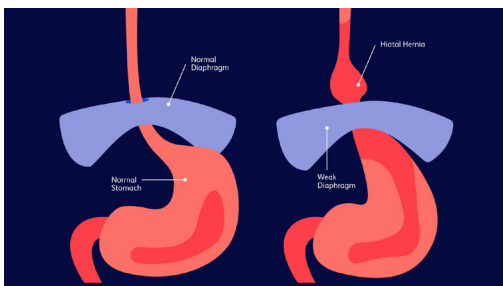
Common Signs & Symptoms Checklist¹

Do you have:²

- Chest or abdominal pain?
- Shortness of breath?
- A feeling of being full shortly after eating?
- Gastroesophageal Reflux Disease (GERD)-like symptoms?
 - Heartburn
 - Regurgitation of food or liquids into the mouth
 - Bitter or sour taste in the back of the throat
 - Bloating or belching
 - Difficulty swallowing (a lump in your throat when you swallow¹)
 - Sore throat and hoarseness when you speak¹

Do you have a chronic health condition that can raise abdominal pressure, such as:²

- Age (50+)?
- Being born with an unusually large hiatus (opening) in the diaphragm?
- Injury/trauma to the area?
- Obesity?
- Chronic coughing?
- Lifting heavy objects/physical strain?
- Straining during bowel movement?
- Repetitive vomiting?



If you answered yes to any of these, you may want to [consult a doctor](#) about the likelihood of experiencing a [hiatal hernia](#). Although most common in people 50 and older, hiatal hernias occur across all ages and genders. While there is no exact known cause, people who smoke and/or are overweight tend to be affected more often.¹

As you prepare, write a few notes or questions you may have, and check out our [Doctor Discussion Guide](#) for additional guidance.

1. Health Line, Incisional Hernia <https://www.healthline.com/health/incisional-hernia#causes>

2. John Hopkins, Incisional Hernia, <https://www.hopkinsmedicine.org/health/conditions-and-diseases/hernias/incisional-hernia>