

# Hiatal Hernia

## Common Signs & Symptoms Checklist<sup>1</sup>

### Do you have:<sup>2</sup>

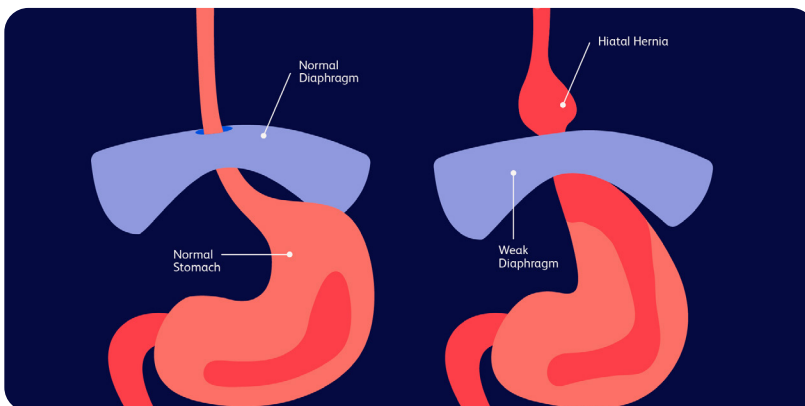
- Chest or abdominal pain?
- Shortness of breath?
- A feeling of being full shortly after eating?
- Gastroesophageal Reflux Disease (GERD)-like symptoms?
  - Heartburn
  - Regurgitation of food or liquids into the mouth
  - Bitter or sour taste in the back of the throat
  - Bloating or belching
  - Difficulty swallowing (a lump in your throat when you swallow)<sup>1</sup>
  - Sore throat and hoarseness when you speak<sup>1</sup>

### Do you have a chronic health condition that can raise abdominal pressure, such as:<sup>2</sup>

- 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.<sup>1</sup>

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>