

11. HIATAL HERNIA, AN UPDATE OF DIAGNOSIS AND TREATMENT



Author: Taran Irina Augustina

Scientific advisor: Ababii Tudor, Assistant Professor, General Surgery-Semiology Department No. 3, *Nicolae Testemitanu* State University of Medicine and Pharmacy, Chisinau, Republic of Moldova

Introduction. Hiatal hernia is a rather common ailment in the general population. It is caused by increased intra-abdominal pressure, which causes the stomach and other abdominal viscera to protrude into the mediastinum.

Aim of study. Hiatal hernia (HH) is quite common in the general population and is characterized by a variety of non-specific symptoms, the majority of which are connected to gastroesophageal reflux symptoms. The most recent guideline for the care of hiatal hernia was published in 2013 by the Society of American Gastrointestinal and Endoscopic Surgeons (SAGES). This review seeks to provide clinical practitioners with the most recent developments on the diagnostic and therapy of hiatal hernia.

Methods and materials. The following research was carried out using PubMed searching medical keywords as “Hiatal hernia”, “Management”, “Treatment”. Prospective, randomized trials, systematic reviews, and original articles were among the papers we investigated.

Results. This review includes fresh data on hiatal hernia diagnosis and management. While the diagnosis process has remained mostly constant, new information about the surgical therapy of hiatal hernia has emerged. We discuss the imaging modalities used to diagnose it, as well as the medicinal and surgical treatment that are now available.

Conclusion. In the last five years, there has been extensive research in the field of hiatal hernia management, particularly surgical treatment. However, there are still outstanding questions, and solid modifications to the recommendations have yet to be developed. More randomized studies on subsets of patients stratified by age, gender, symptoms, and comorbidities are needed to address issue.