

## Coping Strategies and Precautions for Hiatal Hernia during Pregnancy

Anas Bernieh\*

Department of Nutrition, University of Miami Miller, Miami, Florida, USA

### ABOUT THE STUDY

Hiatal hernia is a condition in which a portion of the stomach protrudes through the diaphragm into the chest cavity. It can cause symptoms such as heartburn, acid reflux, chest pain, and difficulty swallowing. Pregnancy can further exacerbate these symptoms due to the physiological changes that occur in the body.

#### Coping strategies

**Maintain a healthy diet:** Eating small, frequent meals and avoiding large meals can help reduce the pressure on the stomach and prevent acid reflux. Opt for nutritious, non-greasy foods and avoid triggers like spicy, fatty, and acidic foods that can worsen symptoms.

**Eat slowly and chew thoroughly:** Taking the time to eat slowly and chew food thoroughly aids digestion and reduces the likelihood of experiencing heartburn or reflux. It allows the stomach to process food more efficiently, preventing undue pressure on the herniated area.

**Adopt proper posture:** Poor posture can contribute to the discomfort caused by hiatal hernia. During pregnancy, it becomes even more crucial to maintain good posture to prevent additional strain on the diaphragm and stomach. Sit upright, avoid slouching, and use supportive pillows when lying down.

**Elevate the head while sleeping:** Elevating the upper body while sleeping can help prevent acid reflux during the night. Use extra pillows or consider a wedge-shaped pillow to prop up at a 30 to 45-degree angle. This position allows gravity to keep stomach acid down while sleeping.

**Wear loose-fitting clothing:** Tight clothing, particularly around the waist, can increase pressure on the stomach, leading to symptoms of hiatal hernia. Opt for loose-fitting and comfortable clothing during pregnancy to minimize discomfort.

**Manage stress:** Stress can exacerbate symptoms of hiatal hernia. Engage in stress-reducing activities like prenatal yoga, meditation, deep breathing exercises, or pursuing hobbies that helps to relax. Finding healthy ways to cope with stress can have a positive impact on overall well-being.

#### Precautions

**Consulting healthcare provider:** It is essential to inform healthcare provider about the hiatal hernia and any related symptoms. They can provide personalized guidance, monitor condition, and recommend suitable treatment options during pregnancy.

**Avoid triggers:** Identify and avoid foods and beverages that trigger acid reflux or heartburn. Common triggers include spicy foods, caffeine, carbonated drinks, citrus fruits, chocolate, and fatty or fried foods. Opt for a balanced diet that includes plenty of fresh fruits, vegetables, whole grains, and lean proteins.

**Stay hydrated:** Drinking an adequate amount of water throughout the day helps maintain proper digestion and prevent dehydration, which can worsen hiatal hernia symptoms. Sip water between meals rather than drinking large amounts during meals to avoid adding pressure to the stomach.

**Sleep on left side:** Sleeping on left side during pregnancy can help reduce the pressure on the stomach and promote better digestion. This position also enhances blood flow to the uterus and fetus, benefiting both mother and baby.

**Avoid lying down immediately after meals:** Allow a couple of hours for digestion before lying down or going to bed. This practice helps prevent acid reflux by allowing gravity to aid in the movement of food from the stomach into the intestines.

**Wear comfortable shoes:** During pregnancy, it's common for the feet and ankles to swell. Wearing comfortable, supportive shoes with a low heel can help prevent additional pressure on the abdomen and reduce discomfort associated with hiatal hernia.

Coping with hiatal hernia during pregnancy requires a combination of lifestyle modifications, dietary adjustments, and cautionary measures. By following coping strategies such as maintaining a healthy diet, practicing proper posture, and managing stress, as well as taking precautions like avoiding triggers and staying hydrated, pregnant women can alleviate discomfort and promote a healthier pregnancy. It is important to consult with a healthcare provider to ensure individualized care and to address any concerns throughout the pregnancy journey.

**Correspondence to:** Anas Bernieh, Department of Nutrition, University of Miami Miller, Miami, Florida, USA, E-mail: Anaber78@gmail.com

**Received:** 15-Jun-2023, Manuscript No. JHGD-23-25413; **Editor assigned:** 19-Jun-2023, PreQC No. JHGD-23-25413 (PQ); **Reviewed:** 03-Jul-2023, QC No. JHGD-23-25413; **Revised:** 10-Jul-2023, Manuscript No. JHGD-23-25413 (R); **Published:** 17-Jul-2023, DOI: 10.35248/2475-3181.23.9.262

**Citation:** Bernieh A (2023) Coping Strategies and Precautions for Hiatal Hernia during Pregnancy. J Hepatol Gastroint Dis. 9:262.

**Copyright:** © 2023 Bernieh A. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.