

**Anita – Bournemouth UK – Feb 2020.**

**Age:** 51

**Diagnosis:** Achalasia post history of stomach and hernia problems.

**Treatment:** Heller Myotomy, various Dilations.

**Symptoms and history of other conditions:**

In 2011 eating was fine but it was a particularly stressful year Home life /personal life. I remember visiting an Optician at Tesco and she said to me "I study Iridology do you have a throat problem? Your eyes are showing that you do". I said " Not that I know of". Around this time I did have a bad fall on a wet pavement and hurt my back and ribs falling backwards (not sure if this is related).

In October 2011 I had been at a play centre with my 5 year old son and that evening I could not sleep as I though I had trouble swallowing and it felt like I had a potato stuck. The GP sent me very quickly for a Barium Swallow. The result showed that I had in fact a Volvulus of the stomach, a twisted stomach which was apparently causing a hernia into my diaphragm. I was then told I must have an operation to untwist it within a few months. This continued for several weeks on and off so I visited my Doctor and asked for an Xray as I was truly concerned and was starting to lose weight - half a stone. I had surgery in August 2012 at Bournemouth I did not know at this point I was having a 360 degree wrap. I was sick constantly after for weeks and had pain in my chest and was on Fortisip drinks and soft food. I was apparently told never to eat bread again, but I thought it was just for a few weeks after surgery and actually recalled being told to eat normally after six weeks.

**When did you inform your GP, and what was the outcome?**

I went back to my GP several times with chest pain and was told it was just stress. After one year I insisted on another Barium and Gastroscopy which showed that the wrap was too tight and food could not get into my stomach properly. After this I had constant balloon dilations every 3 months and gastroscopy checks I've had about 15 gastroscopies in 8 years.

**When and how were you diagnosed?**

I changed to a different surgeon who then sent me for a Barium in 2016 thinking I was getting better but the Barium swallow showed lack of peristalsis worse than ever, so I then had the Manometry for Achalasia diagnosis which confirmed this. I was devastated I think I cried for a week and was thinking What's next?

**What treatment was recommended to you?**

A Hellers Myotomy.

**What treatment did you decide to have, and where was it carried out?**

In June 2017 I had a Heller Myotomy to treat the Achalsia onset and the wrap was undone (which I wish they had done before) and redone.

**How are you managing your symptoms post treatment?**

I still have to be careful and chew all foods and have similar foods each day such as porridge and scrambled egg and milkshakes Meritene and smoothies and soups I eat lots of chocolate mainly dark and biscuits if they melt. I am two stone under weight still I get pain like a clawing pain or sharp glass in my middle chest quite often. Also, apparently I have a problem with Crycopharyngal at the top of oesophagus so just had three sessions of Speech Therapy.

