

## Holiday food drive kicking off Monday

WKSG-FM will team up with the Birmingham Theatre in co-sponsoring a food drive to benefit the Capuchin Soup Kitchen that will begin on Monday.

Packages of non-perishable food can be dropped off at the theater, 211 S. Woodward, starting at 2 p.m. that day. Previous drives have resulted in donations of over 12 tons of food.

For each 10 pounds of food given, the donor will receive a free ticket to the theater's upcoming production of "Oh, Kay!" Each donor will be limited to four tickets and 500 tickets will be made available.

The radio station's land cruiser will be parked in front of the theater to accept the donations. Crews will staff the cruiser until it is filled.

For more information, call either 644-3533 or 792-6600.

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## Hiatus hernia common problem

Dear Jo:  
My doctor tells me I have a hiatus hernia. He says it is something I can pretty well control myself. Would you please address this in your column?

Mrs. R. L. Cambridge Senior

Dear Mrs. L.:

For the readers who aren't sure what a hiatus hernia is — it is a bulging or protrusion of a portion of the stomach, upward through the diaphragm. Since this area isn't designed to withstand the acids produced by the stomach, heartburn results. Pain, discomfort, and belching may also occur. The condition is found in about 40 percent of the population.

With a little effort, the "fire" of a hiatus hernia can be brought under control. This can be visualized as a "trapdoor" between the foodpipe and

gerontology

**A. Jolayne Farrell**

the stomach. Pressure here helps keep the food and acid in the stomach. For this reason you should avoid foods that lower the pressure in this area. These are:

- Coffee, tea, and other caffeine sources.
- Citrus juices and tomato-based products
- Fatty foods and any other foods that you find produce symptoms.
- Alcoholic beverages

• Peppermint and spearmint.

At the same time, it is important to reduce possible pressure inside the stomach. To do this you should avoid:

- Wearing clothes that are too tight.
- Bending over when the stomach is full.
- Lying down shortly after eating.
- Going to bed with a full stomach.

Also, Mrs. L., being overweight is no friend of a hiatus hernia. Many sufferers have found that their symptoms have decreased noticeably with weight loss. And the same goes for cigarette smokers; symptoms decreased when they cut back or stopped smoking.

If the discomfort often occurs during the night, you may want to try sleeping with two pillows under your head. With your head and chest partially elevated, the acid seems to stay where it belongs.

With the diagnosis of hiatus hernia, it is important that you work closely with your doctor to control your symptoms. He is likely to suggest the use of antacids during a flare-up of your symptoms.

Readers can write to Jolayne Farrell at 11 Cynthia Crescent, Richmond Hill, Ontario L4E 2P4R

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