

# Coping With Shatzki Ring

## What is Shatzki Ring?

Shatzki ring is a narrow, muscular ring that forms in the lower esophagus. It is usually caused by repeated episodes of inflammation or injury to the esophageal mucosa, such as from acid reflux or vomiting. Shatzki ring can cause difficulty swallowing (dysphagia), heartburn, regurgitation, nausea, vomiting, and weight loss.



## Coping With A Shatzki Ring by Sylvia Wheatley

★★★★★ 5 out of 5

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Screen Reader	: Supported
Enhanced typesetting	: Enabled
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## Diagnosis

Shatzki ring is usually diagnosed with an upper endoscopy. This is a procedure in which a thin, flexible tube with a camera on the end is inserted into the esophagus. The doctor can then visualize the Shatzki ring and determine its size and location.

## Treatment Options

There are a number of different treatment options for Shatzki ring. The best option for you will depend on the severity of your symptoms and the size and location of the ring.

- **Medication:** Proton pump inhibitors (PPIs) can be used to reduce stomach acid production and help to prevent further damage to the esophageal mucosa.
- **Dilatation:** This is a procedure in which the Shatzki ring is stretched open using a balloon or bougie. Dilatation can be done in the doctor's office or in the hospital.
- **Surgery:** In some cases, surgery may be necessary to remove the Shatzki ring. This is usually done laparoscopically, which is a minimally invasive technique that involves making small incisions in the abdomen and inserting a camera and surgical instruments.

## **Coping With Shatzki Ring**

In addition to medical treatment, there are a number of things you can do to help cope with Shatzki ring. These include:

- **Eating a healthy diet:** Eating a healthy diet can help to reduce inflammation and promote healing of the esophageal mucosa. Avoid eating foods that are acidic, spicy, or fatty.
- **Losing weight:** If you are overweight or obese, losing weight can help to reduce pressure on the esophagus and make it easier to swallow.
- **Quitting smoking:** Smoking can damage the esophageal mucosa and make Shatzki ring worse.

- **Managing stress:** Stress can trigger acid reflux and make Shatzki ring symptoms worse. Find healthy ways to manage stress, such as exercise, yoga, or meditation.

## Living With Shatzki Ring

Shatzki ring can be a challenging condition to live with, but it is important to remember that you are not alone. There are a number of resources available to help you cope with this condition. The following organizations can provide information and support:

- **American Gastroenterological Association:** <https://www.gastro.org/>
- **International Foundation for Functional Gastrointestinal DisFree Downloads:** <https://www.iffgd.org/>
- **Academy of Nutrition and Dietetics:** <https://www.eatright.org/>
- **American Psychological Association:** <https://www.apa.org/>

With the right treatment and support, you can manage Shatzki ring and live a full and active life.

\*\*Alt attribute for images:\*\*

\* \*\*Image of a Shatzki ring:\*\* A narrow, muscular ring in the lower esophagus that can cause difficulty swallowing. \* \*\*Image of an upper endoscopy:\*\* A thin, flexible tube with a camera on the end that is inserted into the esophagus to visualize the Shatzki ring. \* \*\*Image of a balloon dilation:\*\* A procedure in which a balloon is inserted into the Shatzki ring and inflated to stretch it open. \* \*\*Image of a laparoscopic surgery:\*\* A minimally invasive surgical technique that involves making small incisions

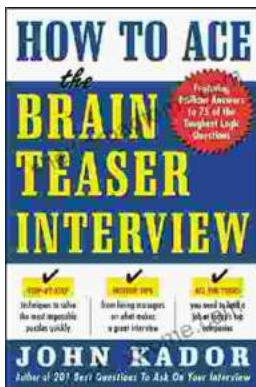
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