



CRAWFORD COUNTY MEMORIAL HOSPITAL

NON-SURGICAL SOLUTION BEST PRESCRIPTION FOR CHRIS ELLER

On and off, for about 4 years, Chris Eller of Denison would experience significant discomfort after meals. But when the frequency notably increased over a six month period, he finally made the decision to see a doctor.

Eller recalled, "I'd been having problems with coughing up food after eating. It felt like food wasn't going all the way down my throat. For a long time I thought it could be something like food going down the wrong pipe, eating too fast or talking while I was eating, something like that. But when it went from being a freak occurrence to happening more and more often, I knew it was something health related. The night before I made the call to see Dr. (David) Wright I was up coughing and got sick at least half a dozen times."

Dr. David Wright is a general surgeon at Crawford County Memorial Hospital.



Soon after seeing Dr. Wright, Eller underwent an endoscopy (a procedure in which an instrument is introduced into the esophagus to give a view of its internal parts), and it was found that he has a very large hiatal hernia that was causing acid reflux issues.

"When they told me what they saw on the scope, and with how large it was and the problems that I'd been having, I figured for sure that it would require surgery," Eller commented. "I asked about getting the hernia removed, but Dr. Wright said that surgery would be a last resort and that he wanted to try medication and diet changes first. He said if those things didn't work then we'd talk about surgery. I was on the medication daily for a few months, then we lowered that down to once every other day, and eventually I was weaned off of it completely and we didn't have to do surgery."

Eller learned from Dr. Wright that a person's diet can play an important role in controlling the symptoms of hiatal hernias. He was given a long list of foods and drinks to avoid because of their high acidity, which would cause his symptoms to return.

"I've known Dr. Wright for a long time. Our sons were in the same grade and we've always gotten along very well," Eller said. "Everything he told me to do has worked and I'm definitely a lot better than I was before I went to see him. I was very happy with his suggestion to do the diet and medication first to see if that would help. I'm very satisfied; my symptoms are very infrequent and have been pretty much nonexistent since I started changing my diet."

Would he recommend Dr. Wright to other patients?

"Dr. Wright was very professional and he could answer all the questions I had right away. I called once after I started taking the medication; I was still having problems, but he said to give it time - that there might still be some foods that I wasn't supposed to eat still in my system and that it would get better - and he was right! After a few more days of being on the medication I wasn't coughing or having problems anymore. He had me come in for a couple follow-up visits, maybe once a month or so, and he always answered all of my questions. He was very thorough and precise. I would definitely recommend Dr. Wright."