



HYGEIA GROUP

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PRESS RELEASE

HYGEIA S.A.: Revolutionary method for disturbing heartburns

One in 3 adults in our country suffers from heartburns!

An innovative surgical method for the **treatment of gastro-esophagela reflux disease, which causes the disturbing heartburns**, was recently applied at the HYGEIA Hospital.

The method is called “**Enodoluminal Incisionless Fundoplication EsophyX**” and was successfully applied on a 45 year old man, by a team of doctors specialized in Therapeutic Endoscopy (surgeon Mr. **Giorgos Stavropoulos**, Gastroenterologist Mr. **Ilias Skotiniotis**, surgeon **Dr. Adrian Lobontiu**, Henri Mondor Hospital, Paris).

As stated by Mr. G. Stavropoulos following the procedure “In contrast to conventional open and laparoscopic surgical procedures, the new method provides the ability to apply procedures **through the mouth, it does not require incisions on the skin, does not alter the physiological anatomy, while the patient may be sent home within three days.** With this new revolutionary method, a special device (EsophyX) is inserted with an endoscope, which focuses on restoring the physiological anatomy of the suppression against reflux”.

Gastro-esophageal reflux is a clinical condition under which the gastric acid refluxes towards the esophagus. According to the Hellenic Gastroenterology and Nutrition Institute , 1/3 of the adult population suffers from this condition! The most common symptom of the condition is gastric burning (heartburn), while other symptoms may include acid taste, difficult or painful swallowing, as well as chest pain.

However, the most significant of all is the fact that 60% of those who have gastro-esophageal reflux disease suffer from the condition during their entire life. As noted by specialists, 80% of patients sleeps with difficulty, 50% suffers from heartburns during their work, while 40% cannot exercise.

The selective treatment for the disease is pharmaceutical-dietary. However, as conservative therapy does not correct the mechanical cause that inflict the problem (pressure on the end of the esophageal sphincter), the symptoms relapse in 80% of the cases within one year from the termination of pharmaceutical treatment.

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The cost and the psychological effects of the lifelong dependence on receiving drugs, as well as the unpleasant change in dietary habits, as well as the uncertainty regarding side-effects of some lifelong prescribed drugs, renders the “EsophyX” surgical therapy as a serious alternative possibility.

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