

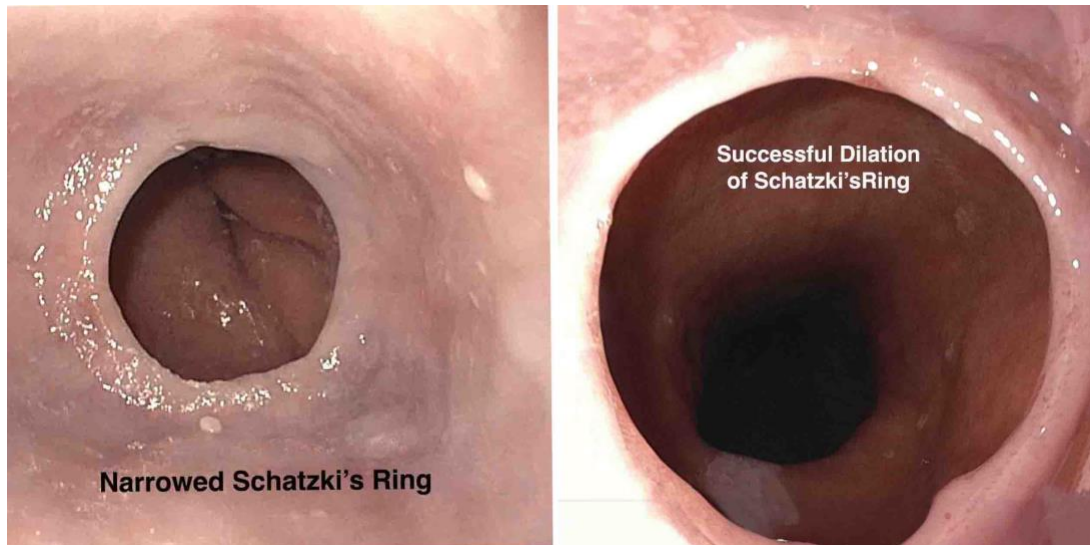


## Schatzki's Ring

The human body is a complex system of interconnected organs and structures, each with a specific role in maintaining our overall health. One such structure is the esophagus, a long, hollow tube that runs from our throat to our stomach, allowing food and liquid to travel into our digestive system. But what happens when this vital passageway becomes narrow? This condition is known as Schatzki's Ring.

What is a Schatzki's Ring?

Schatzki's Ring, also known as a mucosal ring, is a thin ring of tissue that forms in the esophagus. This ring is noncancerous and is made of tissue that lines the esophagus. The formation of this ring results in a narrowing of the lower esophagus, which can cause difficulty swallowing, a condition known as dysphagia.



Why "Schatzki's Ring"?

Schatzki's Ring is named after a German Radiologist, Richard Schatzki, who left Nazi Germany in 1933 and emigrated to the United States. He became an American citizen and served during WWII. Later he became a professor at Harvard Medical School. He was the first to diagnose this peculiar esophageal ring in 1953 on barium x-rays. He died in 1992 at the age of 90, but his name lives on in Gastroenterology clinics worldwide.

Symptoms of Schatzki's Ring

Schatzki's Ring's primary symptom is dysphagia, a medical term for difficulty swallowing. Moving food or liquid from your mouth to your stomach requires more time and effort.

Dysphagia can be uncomfortable, and in some cases, swallowing may even become painful. If you consistently have trouble swallowing, it may indicate a condition like Schatzki's Ring.

### Causes of Schatzki's Ring

The exact cause of Schatzki's Ring is not known. However, it is believed that certain factors may increase your risk of developing this condition. These can include aging, acid reflux, or damage to the esophagus from an endoscopy or other medical procedure.

### Diagnosis and Treatment

If you're experiencing symptoms of Schatzki's Ring, seeking medical attention is essential. Your healthcare provider may use a variety of tests to diagnose this condition, including a barium swallow test, endoscopy, or esophageal manometry.

Once a Schatzki's Ring is diagnosed, the main goal is to improve symptoms. This may include dietary changes, medication to reduce stomach acid, or a procedure known as dilation to widen the esophagus. Remember, it's essential to consult with a healthcare provider if you're experiencing any difficulty swallowing. They can diagnose you adequately and guide you through the appropriate treatment options.

## **Center For Digestive Health & Nutrition**

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The Center for Digestive Health & Nutrition is a private medical practice comprised of experienced Gastroenterologists, Nurse Practitioners, and staff members dedicated to preventing and treating digestive disorders. Our physicians have been serving the needs of those in Western Pennsylvania and surrounding areas since 1977, having cared for tens of thousands of individuals with digestive problems. Our mission is to deliver high-quality gastroenterology services efficiently and cost-consciously. We realize the very sensitive nature of GI illness and understand the necessity to provide our services in an environment that stresses patient privacy and confidentiality and where patient satisfaction is the goal. Appointments can be conveniently scheduled online via our website above. Learn more about digestive issues on Instagram @thedigestivetract

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