

# How Can You Stop Hiccups?

HIC! CUP!

HIC! CUP!

Hi Dr Sicknoate.

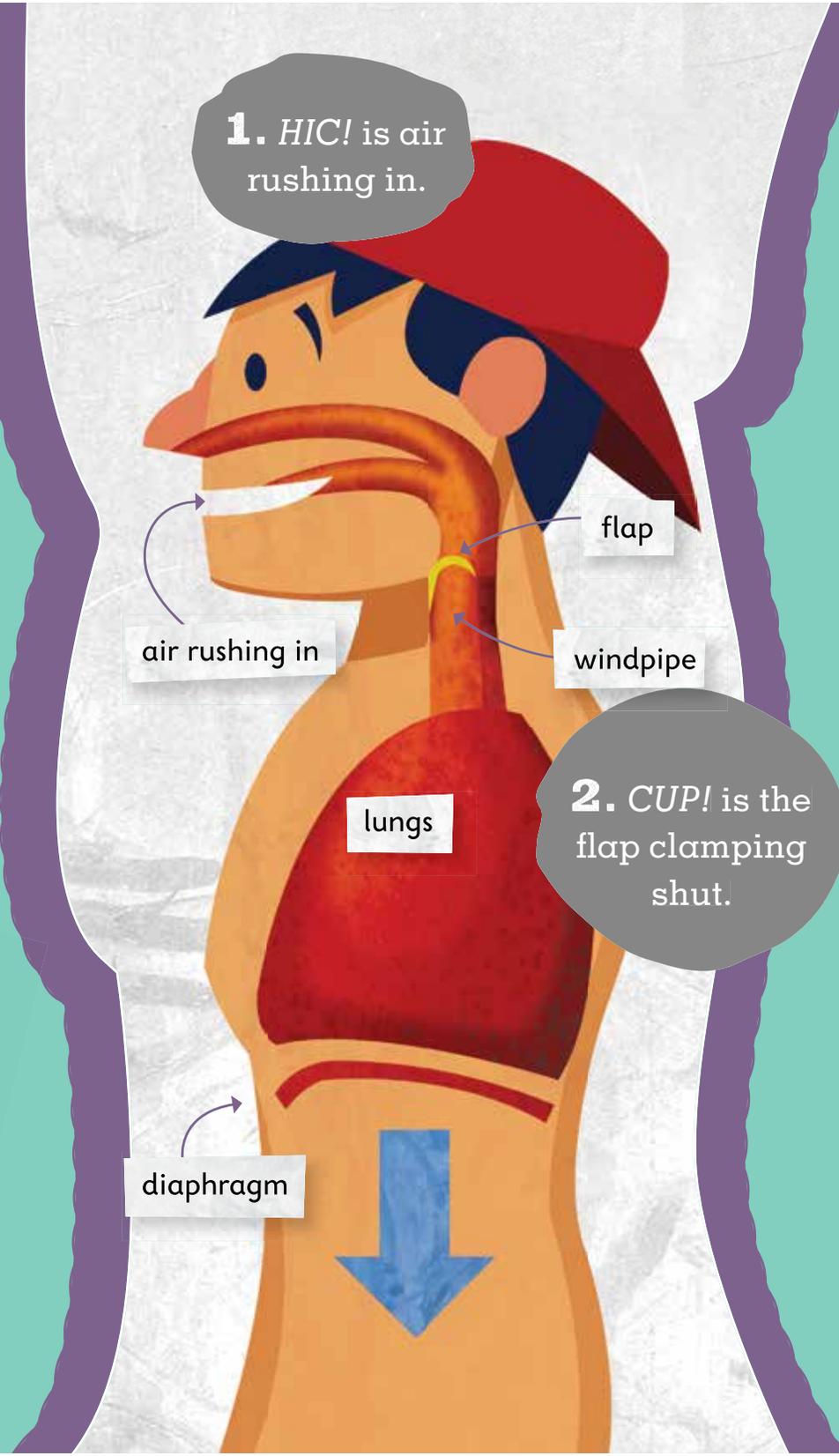
I've – hiccup! – got hiccups.  
How – hiccup! – can I make them – hiccup! – stop?

Hello Isaac!

Sometimes a fright helps.

## BOO!

Did that work? If not, try drinking water from the wrong side of a glass, or holding your breath and counting to ten.



Hiccups happen when your **diaphragm** (say digh-u-fram) suddenly pulls down really hard, forcing you to suck in lots of air. To stop all that air rushing into your lungs, a flap at the top of your windpipe snaps shut, making a hiccuping sound!

### Sick note

A man called Charles Osborne had the longest attack of hiccups ever recorded. His hiccups lasted for 68 years!

