

Zenker diverticulum: When patients cannot eat properly

Antonio Capogreco

UEG Week Vienna 2024

Presentation

Endoscopy

Neurogastroenterology & Motility

Surgery

October 15, 2024

The speaker reviewed endoscopic treatment options for symptomatic Zenker's diverticulum, positioning flexible endoscopic septum division (FAST) as the current gold standard while highlighting newer third-space techniques (Z-POEM and POETS) as promising alternatives with potentially lower adverse event rates.

KEY POINTS

- ESG guidelines suggest flexible endoscopic treatment over open surgery as first-line therapy for symptomatic Zenker's diverticulum, with treatment indicated only in symptomatic patients
- The speaker stated that FAST has high clinical success rates with 11.6% recurrence and 13% adverse event rate, typically performed under deep sedation
- Z-POEM, first described in 2016, showed 92% clinical success in a 2021 prospective comparison study with procedural time of 52 minutes and 16% adverse events
- POETS, a variation of Z-POEM for short septa, was reported in a 2021 study of 20 patients with 95% clinical success, no adverse events, and shorter procedural time, though the speaker noted more data are needed to confirm these findings
- The speaker recommended FAST as the gold standard for longer septa (more than 20mm) and suggested Z-POEM or POETS could be options for very short septa, while noting surgery is hampered by adverse events including salivary fistula and recurrent nerve injury

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