HYBRID ZPOEM PROCEDURE FOR ZENKER'S DIVERTICULUM TREATMENT – WHERE SPEED MEETS EFFICACY

Cristina Chagas

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A retrospective study of 11 patients with Zenker's diverticulum treated with a hybrid endoscopic technique combining flexible endoscopic septotomy and peroral endoscopic myotomy achieved 100% technical and early clinical success with no adverse events or recurrence at 10-month follow-up.

KEY POINTS

- All 11 patients achieved technical success and early clinical success (dysphagia score ≤1) with mean procedure time of 21.6 minutes
- Mean symptom scores improved from baseline to post-procedure: dysphagia 1.5 to 0, regurgitation 1.5 to 0.1, halitosis 0.5 to 0, cough 0.5 to 0, and hoarseness 0.3 to 0
- No intra-procedural or post-procedural adverse events occurred and no recurrence was recorded during mean 10-month follow-up
- The hybrid technique involves six steps: septum isolation with overtube, standard flexible endoscopic septotomy to mid-diverticulum, muscular septum isolation by zPOEM to base, complete myotomy, mucosal flaps section, and mucosotomy closure with clips
- Authors propose this approach for third-space endoscopy experienced centers, noting it combines the simplicity and speed of flexible endoscopic septotomy with the complete myotomy visualization of zPOEM

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