LONG-TERM OUTCOMES OF PER-ORAL ENDOSCOPIC MYOTOMY

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A Portuguese single-center retrospective study of 63 achalasia patients who underwent per-oral endoscopic myotomy (POEM) reports 90.2% maintained clinical response at median 42-month follow-up, though gastroesophageal reflux was common.

KEY POINTS

- Clinical response (Eckardt score ≤3) was achieved in 96.8% of patients at one month and maintained in 90.2% of initial responders at last follow-up (median 42 months, range 24-63).
- Six patients required additional treatment with median symptom relapse at 35.5 months; two underwent repeat POEM with clinical response.
- Gastroesophageal reflux symptoms were reported in 27.9% of patients, and 68.9% were maintaining daily proton pump inhibitor therapy at last follow-up; reflux esophagitis was found endoscopically in 22 of 46 patients evaluated.
- The study included 63 patients (57% female, median age 54 years) with achalasia (n=62, predominantly type 2) or esophagogastric junction outflow obstruction (n=1); 41.3% had prior treatments.
- The authors conclude that longer follow-up studies are needed to determine long-term effectiveness and reflux exposure risk.

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