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Summary

CONVENTIONAL VERSUS OBLIQUE FIBERS SPARING ENDOSCOPIC MYOTOMY FOR ACHALASIA CARDIA: A RANDOMIZED CONTROLLED TRIAL

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Oesophagus

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A randomized trial of 115 achalasia patients found that sparing oblique fibers during POEM did not reduce gastroesophageal reflux disease compared to conventional myotomy.

KEY POINTS

- Grade B or higher reflux esophagitis occurred in 25.9% of conventional myotomy patients versus 31.6% of oblique fiber-sparing patients at one year (p=0.541), showing no significant difference.
- Esophageal acid exposure, reflux episodes, DeMeester scores, symptomatic GERD, and proton pump inhibitor use at one year were similar between the two groups across all measured parameters.
- Clinical success (Eckardt score ≤3) was achieved in all 115 patients, with similar procedure times and myotomy lengths in both groups.
- The study concludes that novel strategies beyond oblique fiber sparing are needed to prevent GERD after POEM, as this technique modification showed no protective effect.

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