1000 PER-ORAL ENDOSCOPIC MYOTOMY AND COUNTING: AN 11-YEAR EXPERIENCE AT A SINGLE ENDOSCOPY CENTER

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UEG Week Copenhagen 2023 | Poster

Oesophagus

October 15, 2023

A single-center series of 1000 patients treated with per-oral endoscopic myotomy (POEM) for achalasia and esophageal motility disorders over 11 years reports a 95.1% overall clinical success rate with durable benefit and low complication rates.

KEY POINTS

- POEM was technically successful in 979 of 1000 patients, with overall clinical success (Eckardt score ≤3) of 95.1% and success rates of 97.3% at 6 months, 95.2% at 2 years, 90.8% at 5 years, and 82% at 10 years.
- The cohort included 626 type II achalasia patients, 141 type I, and 30 non-achalasia spastic motility disorders; 177 patients had received previous treatments.
- Mild or moderate complications occurred in 2.8% of patients and were managed conservatively; severe complications in 2 patients required prolonged hospitalization; no perioperative deaths occurred.
- Post-procedural GERD was documented in 32.6% by pH monitoring and esophagitis in 34% of patients, with 38% receiving daily proton-pump inhibitors at last follow-up and 2 patients requiring antireflux surgery.
- This material is relevant to gastroenterologists managing achalasia and clinicians considering POEM as a treatment option for esophageal motility disorders.

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