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Summary

# CLINICAL EFFICACY AND SAFETY OF ENDOSCOPIC DILATATION WITH ESOFLIP IN BENIGN ESOPHAGEAL STRICTURES

gianluca franchellucci

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**A prospective study of 15 patients with benign esophageal strictures found that EsoFLIP dilation achieved 100% technical success with no adverse events and significant improvements in dysphagia scores and stricture measurements.**

## KEY POINTS

- All 15 dilation procedures were technically successful with no adverse events reported.
- Dysphagia severity and frequency decreased significantly at one week (BEDQ score 6.87±5.82 to 3.20±3.69, p=0.0486) and one month (to 2.33±2.81, p=0.0206) post-procedure.
- Stricture diameter increased significantly from 8.55±2.80 mm to 12.44±2.20 mm (p=0.0002), distensibility index from 1.72±1.63 to 3.45±1.99 mm2/mmHg (p=0.0151), and cross-sectional area from 70.93±45.69 to 114.93±33.79 mm2 (p=0.0075).
- Median procedure time was 52.67 minutes with fluoroscopy exposure time of 5.14 minutes (9.76% of procedure time).
- The study included strictures from various etiologies including eosinophilic esophagitis, caustic ingestion, GERD-related Schatzki rings, and esophageal-gastric anastomosis.

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