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Summary

ACHALASIA: PREDICTIVE FACTORS FOR SUCCESSFUL PNEUMATIC DILATION

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A 15-year retrospective study of 120 achalasia patients found pneumatic dilatation achieved 88.7% remission, with age under 40 years and esophageal aperistalsis predicting success.

KEY POINTS

- Of 103 patients treated with pneumatic dilatation, 88.7% achieved remission and 8.3% relapsed, while 4% of the total cohort underwent surgical treatment.
- Univariate and multivariate analysis identified two predictive factors for successful pneumatic dilatation: age under 40 years (p=0.001) and aperistalsis of the esophageal body (p=0.01).
- All patients presented with dysphagia, and 79.1% had an Eckardt score greater than 3; upper endoscopy showed esophageal dilation with food stasis in 58.3% and protrusion sign in 61.7%.
- The authors conclude that pneumatic dilatation remains an important treatment option for achalasia management based on the observed success rate.
- This material is relevant for gastroenterologists managing achalasia patients and considering pneumatic dilatation as a treatment modality.

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