



## Outcomes of Per-Oral Endoscopic Myotomy in the Treatment of Esophageal Achalasia: Over One Hundred Cases in a Single Tertiary Center

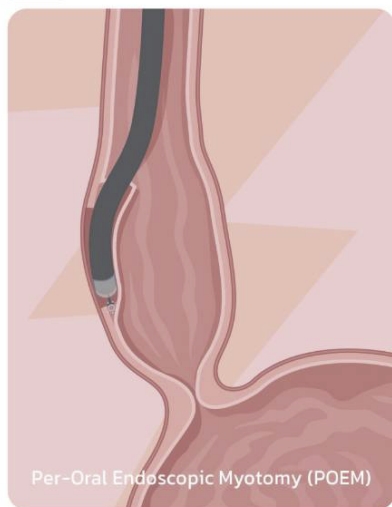


**Methods:** Retrospective Review

The Medical Records of Esophageal Achalasia 03/2013 - 09/2022



**N = 108**



**TYPE I**  
**30**  
(27.8%)

**TYPE II**  
**53**  
(49.1%)

**Unspecified**  
**20**  
(18.5%)

unsuccessful catheter placement across the esophagogastric junction

**TYPE III**  
**5**  
(4.6%)

**AGE**  
**46.10**  
±16.59

**77** (71.3%)  
**31** (28.7%)



- ✓ Balloon dilation
- ✓ POEM
- ✓ Heller myotomy
- ✓ Nitroglycerine

**Technical Success**



**N = 106**  
(98.1%)

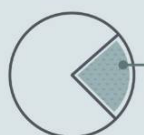
**Clinical Success**



**N = 88**  
The median follow-up time: 20.50 months



### Perioperative Complications

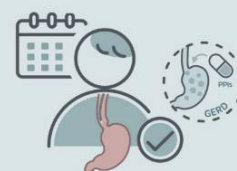


- Associated with:
- Anterior Myotomy Technique
  - Operator Learning Curve

One patient (1.1%) had recurrent symptoms at 24-month follow up



### Conclusion



POEM is effective and safe in long-term treatment of achalasia. The incidence of symptomatic GERD was slightly high, the cases were not severe and were well controlled with medication.



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