

Question 25 – February 22

A 29 year old female presents with progressive dysphagia to both solids and liquids. A barium esophagram is performed and an esophageal manometry confirms achalasia. In patients with achalasia, when considering treatment with either pneumatic dilation (PD) or laparoscopic Heller myotomy (LHM), which of the following is true?

- A. A higher percentage of patients with type II achalasia are treated successfully with PD or LHM than patients with type III achalasia.
- B. A higher percentage of patients with type III achalasia are treated successfully with PD or LHM than patients with type I achalasia
- C. Patients with type III achalasia are best treated by PD
- D. Patients with type I achalasia are best treated by PD

Answer: A

Based on recent evidence, type II achalasia patients are treated more successfully with PD or LHM than patients with type I or type III achalasia. Patients with type III achalasia are likely best treated with LHM over PD, and both treatment options are equivalent for patients with type I achalasia

Reference:

[Outcomes of treatment for achalasia depend on manometric subtype.](#) Rohof WO, Salvador R, Annese V, Bruley des Varannes S, Chaussade S, Costantini M, Elizalde JI, Gaudric M, Smout AJ, Tack J, Busch OR, Zaninotto G, Boeckxstaens GE. *Gastroenterology*. 2013 Apr;144(4):718-25.