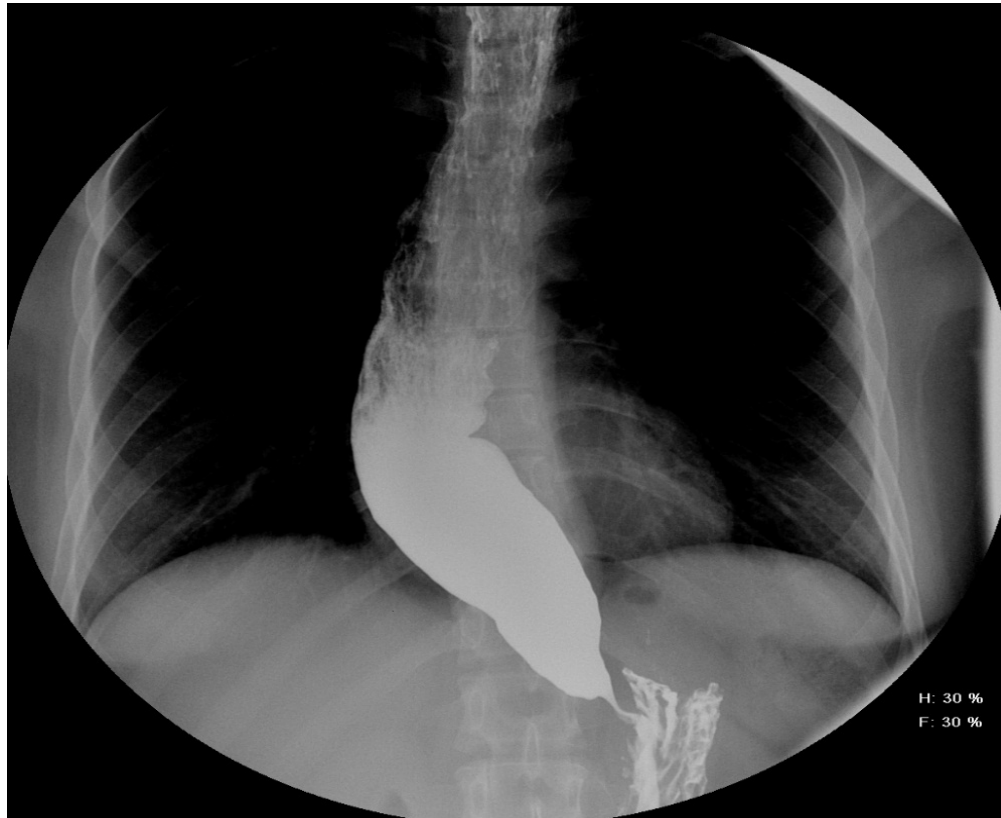


Question 2 – August 8

A 30 year old healthy female presents with progressive dysphagia to solids and liquids. A barium esophagram is performed and an esophageal manometry confirms achalasia:



She asks about treatment options and you attempt to decipher what subtype of achalasia she has. In patients with achalasia, how do outcomes of treatment by pneumatic dilation (PD) or laparoscopic Heller myotomy (LHM) depend on manometric subtype?

- A. Patients with type III achalasia are best treated by PD.
- B. Patients with type II achalasia are best treated by LHM.
- C. A higher percentage of patients with type II achalasia are treated successfully with PD or LHM than patients with type III achalasia.
- D. A higher percentage of patients with type III achalasia are treated successfully with PD or LHM than patients with type I achalasia.
- E. None of the above.

Answer: C

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, Boeckstaens GE. *Gastroenterology*. 2013 Apr;144(4):718-25.