

INTRODUÇÃO

Peroral endoscopic myotomy (POEM) is an endoscopic therapy recently introduced for the treatment of achalasia. This technique relieves the esophagogastric outflow obstruction without adding resistance from the addition of fundoplication. The aim of this work was to evaluate the changes occurred in esophageal motility after POEM in patients with achalasia.

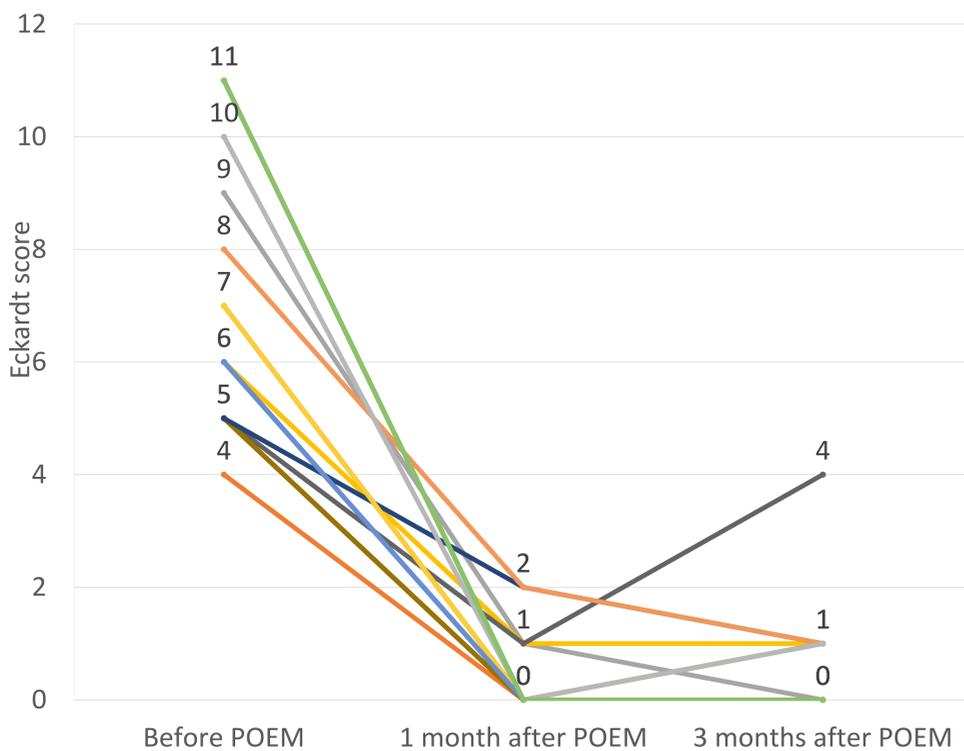
MÉTODOS

Eighteen patients with achalasia (4 patients with subtype I; 12 patients with subtype II; and 2 patients with subtype III) from a tertiary Portuguese center underwent POEM from May of 2017 until December 2018. Esophageal motility of all patients was evaluated preoperatively and 3 months after POEM using high-resolution manometry, with measurement of the motility dynamics of the esophagogastric junction (EGJ) and esophageal body from 10 liquid (normal saline) swallows. Eckardt score was used to assess symptoms severity, being measured preoperatively, 1 month and 3 months after POEM. Statistical analysis was performed using SPSS.

RESULTADOS

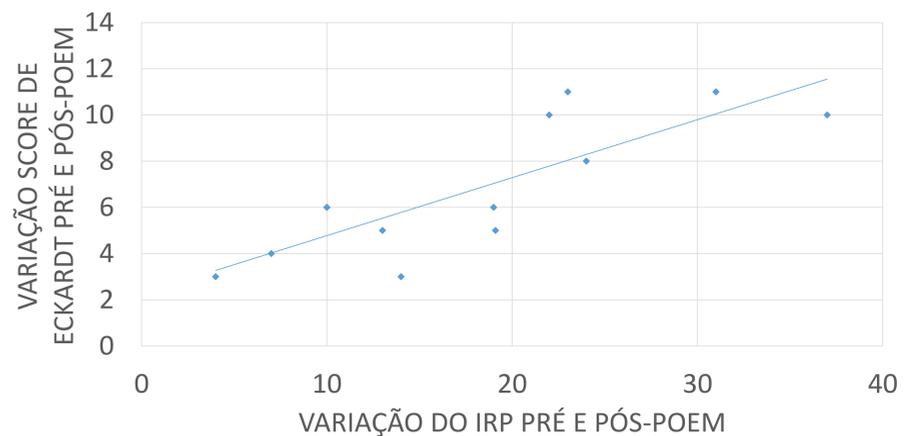
In liquid swallows all the parameters of LES resting pressure and integrated relaxation pressure (IRP) decreased between pre- and post-POEM patients ($p < 0.05$). IRP decreased significantly from 31.6 ± 8.2 mmHg before POEM to 14.4 ± 2.9 mmHg after POEM ($p < 0.05$). Panesophageal pressurization after POEM was present in 8.3% ($n=1$) of patients with subtype II achalasia. Esophageal motility partly restored, defined by the presence of at least one normal distal contractile integral (DCI) after a liquid swallow, was observed in 44.4% ($n=8$) of patients at 3 months after POEM. Symptom improvement was demonstrated by a preoperatively, 1-month post-POEM and 3-months post-POEM Eckardt score of 7 ± 2.4 ; 0.4 ± 0.7 and 0.6 ± 0.98 respectively.

Eckardt score evaluation



	Before POEM	3 months after POEM	p value
LESr	40 (± 9.6)	17.4 (± 9.1)	< 0.05
IRP	31.6 (± 8.2)	14.4 (± 2.9)	< 0.05
Eckardt score	7 (± 2.4)	0.6 (± 0.98)	< 0.05

Table 1. Evaluation of lower esophageal sphincter resting pressure (LESr), integrated relaxation pressure (IRP) and Eckardt score before and after peroral esophageal myotomy (POEM).



CONCLUSÕES

POEM significantly relieved EGJ outflow obstruction and reduced symptom severity. The changes occurred in IRP correlated with the decreases of the Eckardt score ($p = 0,82$).

REFERÊNCIAS

- Inoue, H. *et al.* Peroral endoscopic myotomy (POEM) for esophageal achalasia. *Endoscopy* **42**, 265–271 (2010).