

## AB019. Per-oral endoscopic myotomy (POEM) for treating esophageal achalasia: the NTUH experience

Jang-Ming Lee, Chi-Wei Lin, Ying-Fan Tseng, Pei-Ming Huang

Division of Thoracic Surgery, Department of Surgery, National Taiwan University Hospital, Taipei, Taiwan

**Background:** Per-oral endoscopic myotomy (POEM) is a novel technique to treat achalasia. However, the experience is limited in Taiwan. In the current study, we evaluate the clinical outcome of POEM for treating the patients of achalasia in the National Taiwan University Hospital.

**Methods:** All of the patients of achalasia undergoing POEM in NTUH was evaluated. The Eckardt score for the degree of dysphagia before and after POEM was evaluated.

**Results:** From Nov 2011 to July 2016, there were 42 patients of achalasia undergoing POEM in the National Taiwan University Hospital. Twenty-two females and 20 males enrolled in the current study. The mean age was 51-year-old

and follow-up duration was 22.3 months respectively. Pneumothorax requiring transient chest tube drainage was encountered in two patients. There was no mortality in the series. The swallowing was improved for all of the patients with the preoperative and postoperative Eckardt score  $7.6\pm 1.7$  and  $2.0\pm 1.9$  respectively ( $P<0.01$ ). The improvement of the patients was noted irrespective of the previous treatment or the subtype of achalasia of Chicago classification.

**Conclusions:** POEM is a feasible and effective treatment option for patients of achalasia. The thoracic surgeons are therefore encouraged to engaged this novel endoscopic minimally invasive procedure for treating achalasia in the future.

**Keywords:** Achalasia, myotonic; per-oral endoscopic myotomy (POEM)

doi: 10.21037/jtd.2017.s019

**Cite this abstract as:** Lee JM, Lin CW, Tseng YF, Huang PM. Per-oral endoscopic myotomy (POEM) for treating esophageal achalasia: the NTUH experience. *J Thorac Dis* 2017;9(Suppl 14):AB019. doi: 10.21037/jtd.2017.s019