

Short term outcomes of per oral endoscopic myotomy for patients with refractory atypical chest pain—A new indication for POEM?

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Introduction

- Many studies have showed that per oral endoscopic myotomy (POEM) is a very effective treatment for patients with achalasia.
- Very limited data also have indicated that POEM is effective in treatment for some non-achalasia esophageal motility disorders, such as esophageal-gastric outlet obstruction and diffuse esophageal spasm.
- We report here first time that the outcome of POEM for patients with atypical chest pain.

Methods

- Three patients, age 72 female, 87 male and 73 female. All had long history of chest pain for at least 5 years.
- They ranked the pain from 2 to 8 on a 1 to 10 pain scale.
- The pain was not associated with physical activities, but at times, it was associated with eating
- Only one patient had dysphagia; none reported regurgitation.
- All had been evaluated multiple times by different providers, including primary care doctors, cardiologists and gastroenterologists.
- Cardiac chest pain was ruled out by their cardiologists.
- They all tried maximal anti-acid therapy, including proton pump inhibitors twice a day for a long time, without effect.

Methods

- They also tried anti-spasm medication, such as hyoscyamine, with limited effect. All had esophageal manometry without conclusion.
- Their barium swallow studies showed tertiary contraction and therefore suggested esophageal dysmotility.
- All patients accepted and underwent POEM.

	Patient # 1	Patient # 2	Patient # 3
Age (yrs)	72	87	73
Gender	F	M	F
Pain level before POEM	2 to 8	2 to 8	2 to 8
Pain level after POEM	0	0	0
Follow up (days)	93	42	5

Results

- All three POEMs were successful with the average procedure time being 20 minutes.
- Only circular muscle myotomy was performed and longitudinal muscle was left intact.

Results

- Each myotomy was 10 cm in length. There were no complications.
- All patients were chest-pain free the next morning and were discharged in the afternoon.
- Follow up time were 93, 42, and 5 days. They remained chest-pain free.
- One patient had a different chest pain which was associated with heartburn. The pain was controlled by optimizing anti-acid therapy.

Discussion

- In this pilot study, POEM might be a therapeutic modality for patients with refractory atypical chest pain.
- More patients and long-term outcome studies are needed.
- Estremera-Arevalo et al. (2022) studied 7 pts with troublesome and persistent symptoms (12 - 180 months) related to atypical spastic esophageal motor dysfunction and found POEM to be a highly effective treatment for symptoms related to spastic esophageal motility disorders.

References

1. Estremera-Arevalo F, González G, Areste I, Montori S, Zúñiga A, Ezquer S, Iglesias R, Macías E, Alcedo J, Domínguez Carbajo AB, Khashab M, Dent J, Albéniz E. Outcomes of per-oral endoscopic myotomy in patients with spastic esophageal motility disorders not fulfilling Chicago Classification criteria. Rev Esp Enferm Dig. 2022 Feb 2. doi: 10.17235/reed.2022.8455/2021. Epub ahead of print. PMID: 35105151.