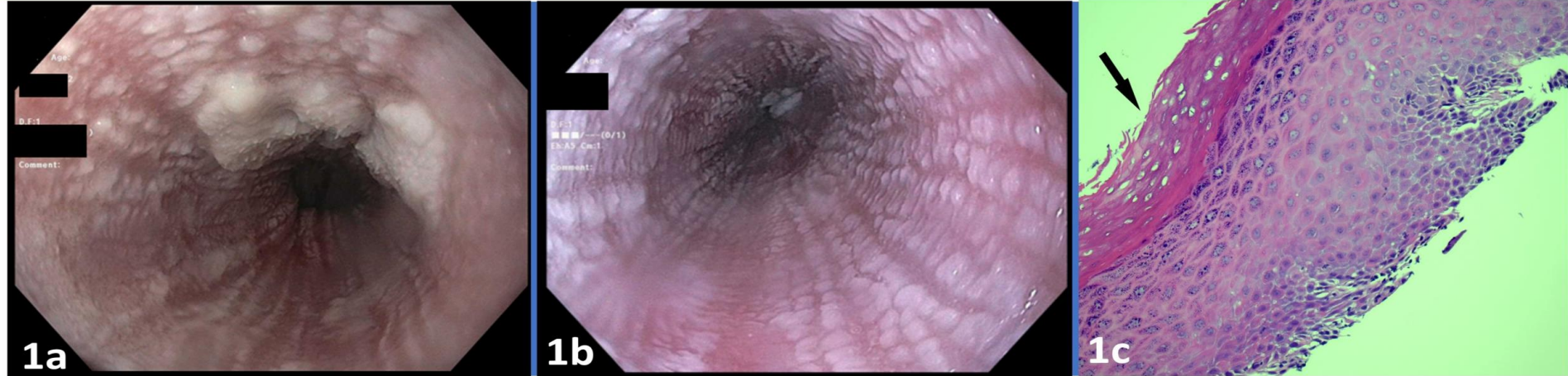


### Introduction

- ❑ Esophageal hyperkeratosis (EH) is a rare condition characterized by keratinization of the esophageal epithelium.
- ❑ The pathophysiology is poorly understood, and risk factors remain unclear.
- ❑ We present a case of severe long-segment EH leading to severe esophageal stenosis.



**Figure 1.** a & b) EGD of middle and lower esophagus showing irregular mucosa with furrowing and white exudate, pre-dilation. 1c) Magnification 400x. Histopathology demonstrates esophageal squamous mucosa with dyskeratosis and extensive hyperkeratosis (black arrow).

### Case Description

- ❑ A 70-year-old male with a long history of GERD presented to the ED with acute food impaction.
- ❑ Emergent upper endoscopy (EGD) was performed to remove the food impaction. Additional findings on EGD showed esophagitis, esophageal stenosis of 13cm in length (7mm in diameter), and white plaques (biopsy showed candida, esophageal hyperkeratosis, negative for eosinophils). He was treated for candida.
- ❑ Repeat EGD one month later showed ongoing stenosis, healed esophagitis, as well as significantly thickened esophageal mucosa extending 13 cm proximally from the GE junction [Image 1a,b]. Balloon dilation of the stenotic lesion was performed. Repeat biopsies confirmed esophageal hyperkeratotic squamous epithelium with parakeratosis and no dysplasia [Image 1c].
- ❑ Due to the severity of his stenosis, he underwent multiple EGDs with balloon dilations over the next several months.
- ❑ He is currently symptom-free on pantoprazole 40mg twice a day, a soft diet, and undergoing surveillance endoscopies every six months with balloon dilations.

### Discussion

- ❑ Esophageal hyperkeratosis is a rare disorder with thickening of the stratum corneum and occurs in 2% of esophageal biopsies.
- ❑ While the prevalence and pathophysiology are unclear, it is thought to be associated with GERD, vitamin A deficiency, zinc deficiency, and a low fiber/low residue diet.
- ❑ There is some evidence to suggest it may be associated with an increased risk of squamous cell carcinoma.

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### References

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