Peroral endoscopic myotomy for esophageal muscular ring

Lower esophageal muscular ring, usually called A-ring, is a rare esophageal lesion that occasionally causes dysphagia or symptoms of reflux [1, 2]. There have been only a few case reports of attempts to treat muscular ring with the intramuscular injection of botulinum toxin (botox) [1, 3]. This report is believed to be the first of the use of peroral endoscopic myotomy (POEM) to treat esophageal muscular ring. A 22-year-old man presented with a 5-year history of dysphagia, which occurred when he ate foods quickly. He had no history of related diseases, and his Eckardt score remained at 7. Esophagography demonstrated focal concentric narrowing above the gastroesophageal junction (Fig. 1). Upper gastrointestinal endoscopy showed a smooth esophageal narrowing with normal overlying mucosa situated 3 cm above the squamocolumnar junction (Fig. 2). At endoscopic ultrasonography, the inner circular muscle layer at the level of the lesion was found to be thickened to 5.1 mm (Fig. 3). Manometry showed a normal lower esophageal...
sphincter pressure with normal relaxation (lower esophageal sphincter [LES] pressure 20mmHg, integrated relaxation pressure [IRP] 8mmHg). Contraction of the esophageal body was peristaltic, and after wet swallows, occasional multiple-peaked contractions of the distal esophageal body in high amplitude were noted. There was no evidence of distal esophageal spasm (distal contractile integral [DCI] 3682mmHg/s/cm, distal latency [DL] 8.3 s).

We diagnosed lower esophageal muscular ring and performed a POEM procedure by the conventional tunneling method (Fig. 4a–c). The total length of the myotomy was 5 cm (Fig. 4d–f). After the operation, esophagography and esophagogastroduodenoscopy showed the lumen to be widened at the previous stenotic site (Fig. 5, Fig. 6). At 1 month after POEM, the patient revisited our clinic and reported disappearance of the dysphagia (Eckardt score 0).

This case demonstrates an obviously positive response to our treatment, with no specific complications after the entire operational procedure. However, controlled trials with long-term follow-up are necessary to establish POEM as a standard treatment for esophageal muscular ring.

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**Competing interests:** None

**References**