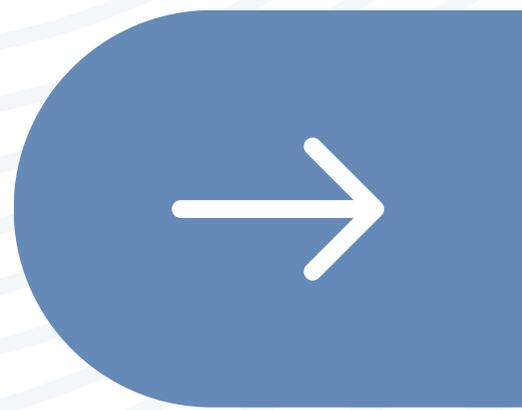


#DIBS BY NEXTILLO

DAILY INFORMATION BULLETIN SERVICE

DIFFUSE ESOPHAGEAL SPASM





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DIFFUSE ESOPHAGEAL SPASM

Motor Disorder characterized by abnormal contractions of the esophageal muscles.

Impaired Peristalsis: Involves uncoordinated, simultaneous contractions of the esophageal body.

Five times less common than Achalasia.

Females are affected more than men.



CLINICAL FEATURES:

- ***Dysphagia: Difficulty swallowing, often with both solids and liquids.***
- ***Chest Pain: Intermittent chest pain or discomfort, resembling angina***



DIAGNOSIS

Manometry:

Essential for diagnosis, revealing simultaneous, non-peristaltic contractions in the esophagus.

Barium Swallow

May show a corkscrew or “rosary bead” appearance due to abnormal muscle contractions.

Trigger Factors

Hot or Cold Foods: Symptoms may be triggered by extremes in temperature.

Stress: Emotional stress can exacerbate



TREATMENT

Calcium Channel Blockers or Nitrates:
Medications to relax esophageal smooth muscle.

- ***Botulinum Toxin Injection:*** ***In severe cases, can be considered to paralyze muscles temporarily.***

- ***Myotomy:*** ***Surgical procedure to cut the esophageal muscle, reserved for refractory cases***



MCQ

Question

What is a potential treatment option for diffuse esophageal spasm?

- A) Proton pump inhibitors (PPIs)***
- B) Botulinum toxin injection***
- C) Surgical myotomy***
- D) Esophageal dilation***

Answer: B) Botulinum toxin injection