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Achalasia: A case report and review of clinical diagnosis, treatment, and outcomes

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A 58 years old man was admitted with the complaints of prolonged dysphagia and regurgitation of food and saliva. The patient had some weight loss but no anorexia. Barium swallow esophagus showed marked dilatation of the esophagus with regular tapering of its lower end. The patient was diagnosed as achalasia and advice for esophago-cardiomyotomy operation. Literature was reviewed to compare currently available therapies for achalasia and it is recommended that the patient should undergo laparoscopic myotomy and partial fundoplication (to prevent free reflux of gastric acid into the esophagus) for better remission. Other treatment modalities such as Botulinum toxin injection and pneumatic dilation can offer dysphagia control, but they are temporary and reversible measures. The objective of this case report is to review the currently available treatment modalities for the management of achalasia.

Biography

Edwin Villas Berenguer is a graduate of the University of San Carlos in Cebu City with a Bachelor degree in Pharmacology and a licensed pharmacist on the year 2002. He pursued his doctoral studies in Doña Remedios Trinidad Romualdez Medical Foundation in Tacloban City and graduated on 2008. He had his Internship to the hospital owned by the latter school in the year 2009. He took and passed the Physicians licensure examination on the following year. He practiced at Bethany Hospital Tacloban city, Don Emilio del Valle Memorial Hospital Ubay Bohol, Garcia Memorial Hospital Talibon Bohol, Southern Philippines Medical Center Davao City, and Eversley Child Sanitarium and General Hospital Cebu City. Currently, he is serving as a resident physician under internal medicine at Cebu City Medical Center.

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