

# New studies add to understanding of treatments for Barrett's esophagus

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The October issue of *GIE: Gastrointestinal Endoscopy* features several new studies evaluating various treatments for Barrett's esophagus (BE). Two of these studies are highlighted below.

BE is a condition in which there are unusual changes to the cells lining the esophagus. It is believed to be most commonly due to inflammation from [gastroesophageal reflux disease](#) (GERD). Some of the cellular changes may be referred to as neoplasia or dysplasia, and sometimes these may be considered precancerous. Endoscopic treatments for BE focus on removing or destroying the problematic tissue.

## **Largest U.S. Multicenter Study of ESD for Barrett's Early Neoplasia Shows the Procedure Is Safe and Effective**

The role of endoscopic submucosal dissection (ESD) in Barrett's early neoplasia has not previously been well defined, with most studies originating from Asia and Europe. A new study, "Endoscopic submucosal dissection for Barrett's early neoplasia; a multicenter study in the United States," published in the October issue of *GIE: Gastrointestinal Endoscopy*, shows the procedure is safe and effective for addressing cellular changes from Barrett's esophagus (BE), including high-grade dysplasia (HGD) and early adenocarcinoma (EAC).

The study was a multicenter retrospective analysis on 46 patients with

BE who underwent ESD for BE-HGD or EAC, or both, between January 2010 and April 2015. The goal was to determine the rate of (1) removal of the problematic tissue in one piece (en-bloc resection), (2) completeness of removal (R0 resection), (3) curative resection; and to determine adverse events as well as remission at follow-up.

The median age of patients was 69 years (range, 42-82 years). The median resected specimen size was 45 mm (range, 13-125 mm). En-bloc and curative resection rates were 96 percent (44/46) and 70 percent (32/46), respectively. Most lesions (11/20; 55 percent) diagnosed as BE-HGD on biopsy were upstaged to intramucosal or invasive EAC on post-ESD analysis.

There were four early (

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