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TÍTULO: Management of refractory anastomotic esophageal strictures with biodegradable stents

OBJECTIVO/INTRODUÇÃO: Refractory anastomotic esophageal strictures (RAES) remain a clinical challenge. Multiple therapies, including self-expanding stents (plastic, metal, biodegradable) are available. Biodegradable (BD) stent do not require removal, present good safety profile and promising results, and therefore appear to have a clear advantage over the other types of stents. Aim: To assess the role of BD stents for the management of RAES.

MATERIAL E MÉTODOS: Serie of 3 cases of RAES, managed with BD stent (s), followed prospectively at our institution.

RESULTADOS: Three patients, 2 males, mean age 57±3,1 years. Anastomotic strictures were identified 2±0,5 months after surgery. Patients underwent multiple endoscopic dilatations (4-8), every 3-4 weeks (Savary-Gilliard dilators and TTS/CRE balloons). One patient was also managed with fully covered metal stents (n=3) with early recurrence of dysphagia. In all patients BD stent, SX-ELLA BD stent® (23/18/23-060), 60 mm length, was inserted, without complications. Follow-up: one patient managed only with 1 BD stent, being asymptomatic six month after stent placement; the other two required additional BD stents, with 4-5 months interval between stent placements. Improvement of dysphagia (grade 0-1) and weight gain were observed in all patients.

DISCUSSÃO: Sequential application of BD stents may constitute an alternative to multiple dilatations in patients with RAES, reducing the number of procedures and increasing the time that patients are dysphagia-free.

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