Dysphagia

Panel Presentation

Panelists

• Joel Blumin, MD
• Jonathan Bock, MD
• Al Merati, MD
• Becky Massey, MD
• Carrie Kalata, MS, CCC-SLP

Objectives

• Panel presentation
  – Our approach to a patient with dysphagia
  – ‘Best Practice’
  – No guidelines yet on this topic
  – Meant to be typical patients – not a stumper
  – Goal is to explore how we all manage these patients
  – Open to questions & discussion from the audience
Patient 1

- 60 year old male
- Several year history of solid > liquid dysphagia
- Otherwise healthy
  - non-smoker
  - takes no chronic medicines
- Physical examination
  - Unremarkable general otolaryngologic examination

What Next?

- More history?
- More physical examination?
  - Flexible laryngoscopy
    - Normal laryngeal movement
    - No pooling of secretions
    - No lesions or inflammation
  - Esophagoscopy?
    - TNE or EGD?

Alarm Symptoms

*American College of Gastroenterology*

- In the context of dyspepsia as an indication for endoscopy
- Grade C Evidence
- Poor predictive value

<table>
<thead>
<tr>
<th>TABLE 2: Alarm features for dyspeptic patients</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age &gt; 50 years</td>
</tr>
<tr>
<td>Family history of upper GI malignancy in a first-degree relative</td>
</tr>
<tr>
<td>Unintended weight loss</td>
</tr>
<tr>
<td>Gastrointestinal bleeding or severe uncontrollable vomiting</td>
</tr>
<tr>
<td>Dysphagia</td>
</tr>
<tr>
<td>Obstruction</td>
</tr>
<tr>
<td>Abnormal weight loss supporting organic disease</td>
</tr>
</tbody>
</table>

---
What Next?

- Imaging
  - Choice of imaging
    - Pharyngoesophagogram
    - Upper gi series
    - Esophagogram
    - Modified barium swallow study
- Other testing
Zenker’s Diverticulum

- What is it?
- Where does it come from?
- Will it get better?
- Will it get worse?
Zenker's Diverticulum
Non-surgical Options

- Medical management
  - Reflux treatment
    - Acid suppression
  - Reflux workup

- Role for swallow therapy?

Zenker's Diverticulum
Surgical

- Open transcervical
  - Pexy
  - Resection
- Endoscopic transoral
  - Dilation
  - Botulinum toxin
  - Diverticulotomy
- Importance of cricopharyngeal myotomy

Zenker's Diverticulum
Pros & Cons, how to choose approach?

Does size matter?

Tiny
Average/Medium
Massive
Zenker’s Diverticulum

• Consenting – Endoscopic
  – If endoscopic, do you consent for open too?
  – Cannot expose transorally – how often?
  – Recurrence rates?
  – Major morbidity rates?
Endoscopic Perioperative Management

- Hospital stay?
- Antibiotics?
- Diet/NPO?
- Check for leak (imaging)?
- Follow up?
**Open Transcervical**
- Pack the sac?
- Left sided incision
- Identify recurrent nerve?
- Stapler/cutter or knife
- Feeding tube?

**Perioperative Management**
- Hospital stay?
- Antibiotics?
- Diet/NPO?
- Check for leak (imaging)?
- Follow up?

**Killian-Jamieson Diverticulum**
Killian-Jamieson Diverticulum

- Survey of ABEA members 2010
- 27 questions about Zenker's Diverticulum management
- 65 of 249 active members responded
Post op (months to years) management

- Rates of recurrence
- What should patient do if dysphagia returns
- How to manage if Zenker’s returns
Thank you!

Questions?

Enjoy the resort!

August 3-6, 2017   |   The American Club   |   Kohler, WI