

Instantánea Clínica

Type II achalasia and the “bird beak” sign

Avelar-Rodríguez David, Toro-Monjaraz Erick Manuel, Ramírez-Mayans Jaime Alfonso

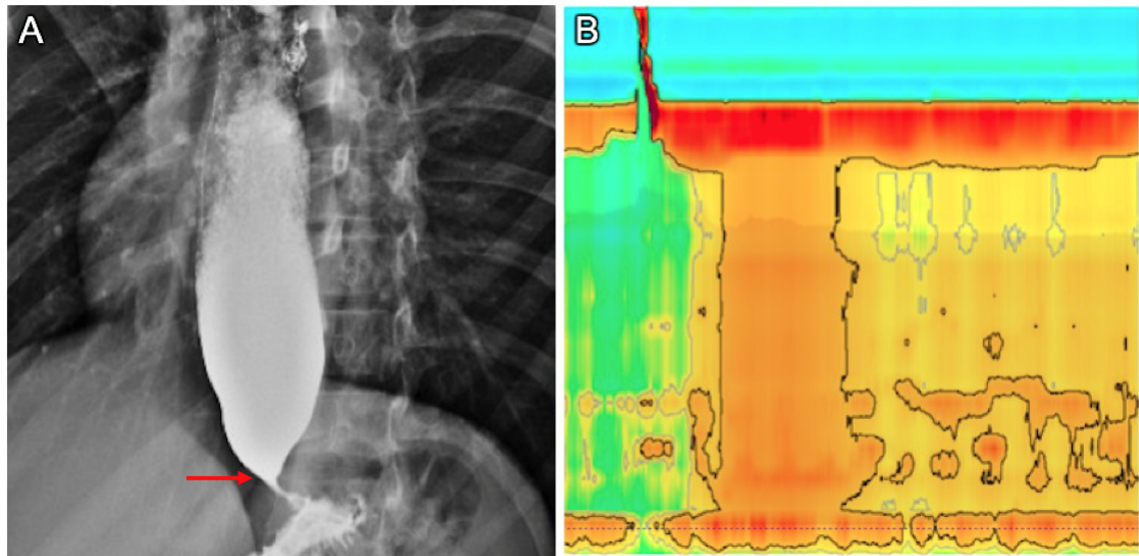
30 de Septiembre del 2018

Autores:

El Dr. David Avelar-Rodríguez es médico general que realizó su Servicio Social en el Instituto Nacional de Pediatría; Los Drs. Erick Manuel Toro-Monjaraz y Jaime Alfonso Ramírez-Mayans son médicos adscritos al servicio de Gastroenterología del Instituto Nacional de Pediatría.

Correspondencia:

Dr. David Avelar-Rodríguez. Tarascos 3432-6, Col. Monraz, Guadalajara, Jal. Mex. C.P. 44670. davidavelar1@outlook.com



A 16-year-old female presented with a 2-year history of progressive dysphagia to liquids, associated with nocturnal regurgitation. She denied food allergies, choking, vomiting, weight loss, or heartburn. Past medical history was unremarkable. Clinical examination and laboratory tests were normal. Upper endoscopy and endoscopic biopsies were negative for stenosis, esophagitis, eosinophilic esophagitis, or *Trypanozoma cruzi* infection. Barium esophagogram showed the classic “bird beak” sign (tapering of the distal esophagus; **panel A**, red arrow) and proximal dilatation; and high-resolution esophageal manometry (HREM) showed panesophageal pressurizations in every swallow, as shown in **panel B**. A diagnosis of type II esophageal achalasia (EA) was made based on the Chicago classification v3.0.¹

EA is characterized by defective esophageal peristalsis and insufficient relaxation of the lower esophageal sphincter secondary to degeneration of the myenteric plexus. Childhood EA is rare, with a reported incidence of 0.1/100,000 children per annum. The most common symptoms are vomiting, dysphagia, regurgitation and weight loss. HREM is the gold standard method for its diagnosis.^{2,3}

REFERENCES

1. The NCBI Handbook [Internet]. 2nd edition. Bethesda (MD): National Center for Biotechnology Information (US); 2013-. Last Updated: January 26, 2018. Consultado el día 05/Abril/2018 en https://www.ncbi.nlm.nih.gov/books/NBK143764/pdf/Bookshelf_NBK143764.pdf
2. PubMed® Online Training. U.S. National Library of Medicine. Last reviewed: 01 March 2016. First published: 08 March 2010. Consultado el día 05/Abril/2018 en <https://learn.nlm.nih.gov/rest/training-packets/T0042010P.html>
3. Lindsey WT, Olin BR. PubMed searches: overview and strategies for clinicians. *Nutr Clin Pract.* 2013 Apr;28(2):165-76.
4. U.S. National Library of Medicine. Fact Sheet Medical Subject Headings (MeSH®). Consultado el día 10/Abril/2018 en <https://www.nlm.nih.gov/pubs/factsheets/mesh.html>