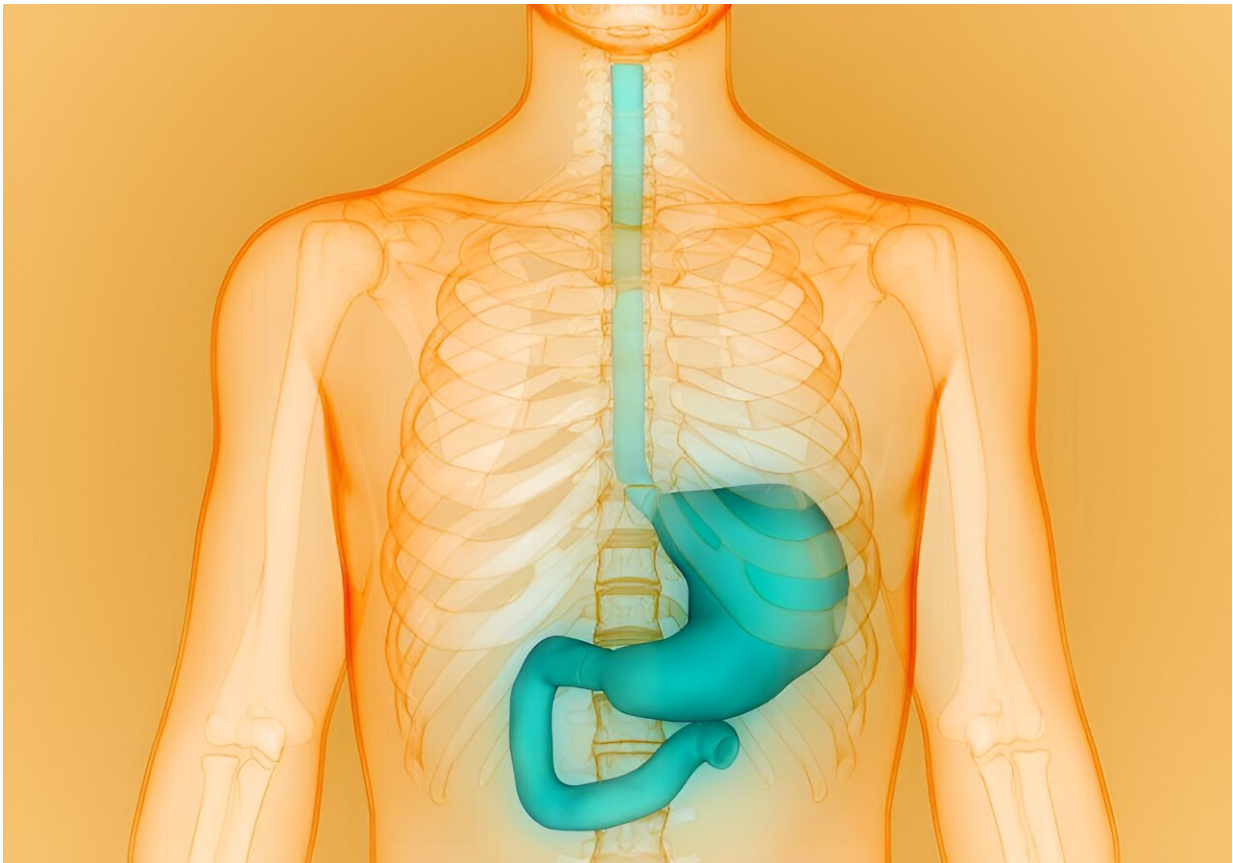


# Antireflux mucosal ablation safe, effective for refractory reflux disease

November 6 2023, by Lori Solomon

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Antireflux mucosal ablation (ARMA) cuts short-term gastroesophageal reflux disease (GERD) symptoms in two-thirds of patients undergoing

the endoscopic treatment, according to a study published in the *Journal of Gastroenterology and Hepatology*.

Yuto Shimamura, M.D., from Showa University in Tokyo, and colleagues evaluated the feasibility, safety, and effectiveness of ARMA. The analysis included 68 patients with GERD [symptoms](#) refractory to acid suppression medications or those dependent on such medications.

The researchers found that clinical success rates (defined as >50 percent reduction in a validated GERD questionnaire) at two to six months and one year post-ARMA were 60 and 70 percent, respectively. There were significant improvements seen in the median GERD health-related quality of life score from 26 to 11 at two to six months.

Among those who underwent 24-hour pH monitoring (51 patients), median acid exposure time significantly decreased from 5.3 to 0.7 percent, along with a significant reduction in esophagitis rates. No factors predicted short-term success in a multivariate analysis. Transient stenosis requiring balloon dilation was seen in nine patients (13.2 percent).

"Both reflux hypersensitivity and confirmed GERD patients, regardless of their response to [acid](#) suppression medication, may be suitable candidates," the authors write.

Several authors disclosed ties to industry.

**More information:** Yuto Shimamura et al, Clinical outcomes of anti-reflux mucosal ablation for gastroesophageal reflux disease: An international bi-institutional study, *Journal of Gastroenterology and Hepatology* (2023). [DOI: 10.1111/jgh.16370](https://doi.org/10.1111/jgh.16370)



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