

Achalasia with megaesophagus and aspiration pneumonia in an elderly man

Demosthenes Bouros MD, MD, FERS, FCCP, FAPSR

1st Department of Pneumology, Medical School, National and Kapodistrian University of Athens, Athens, Greece

Achalasia is one of the most common causes of dysphagia. Achalasia is caused by a loss of ganglion cells in the myenteric plexus, which causes the muscles of the esophagus to fail to properly propel food and liquid from the mouth into the stomach¹. Food stuck in the flaccid esophagus, where it may be regurgitated, or inhaled into the lungs leading to aspiration pneumonia². Typical symptoms include difficulties in controlling the swallowing process, regurgitation, retention of food, weight loss, chest pain and aspiration pneumonia.

Megaesophagus a disorder of the esophagus whereby the esophagus becomes abnormally enlarged, is the end-stage of achalasia cardiaea. Megaesophagus may occur secondary to diseases such as achalasia or Chagas disease.

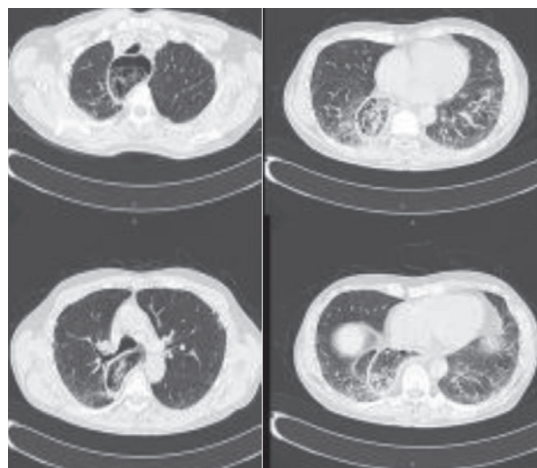


FIGURE 1. CT scans of chest of a 70 years male showing massive dilation of the esophagus (megaesophagus) with a consecutive slip-shaped narrowing of the trachea and right lower lobe aspiration pneumonia.

Correspondence:

Prof. Emeritus, Demosthenes Bouros MD, MD, FERS, FCCP, FAPSR
1st Department of Pneumology, Medical School, National and Kapodistrian University of Athens Athens Medical Center, 15125, Greece
Tel +30 210-6157007, 210-6157002
E-mail: debouros@gmail.com, dbouros@med.uoa.gr

REFERENCE

1. Lewandowski A. Diagnostic criteria and surgical procedure for megaesophagus--a personal experience. *Diseases of the Esophagus* 2009; 22:305–9.
2. Kathis JM, Foltys BD, Scheuermann U, et al. Achalasia with megaesophagus and tracheal compression in a young patient: A case report. *Int J Surg Case Rep* 2015; 14:16–8.