Endoscopic Submucosal Dissection: Principles and Practice - The Ultimate Guide

Endoscopic Submucosal Dissection: Principles and Practice by Jana DeLeon

★★★★★ 5 out of 5

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Enhanced typesetting	: Enabled
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What is Endoscopic Submucosal Dissection (ESD)?

Endoscopic submucosal dissection (ESD) is a minimally invasive endoscopic technique used to remove precancerous and early cancerous lesions from the gastrointestinal tract. ESD involves injecting a saline solution into the submucosal layer of the gastrointestinal tract, which creates a cushion that allows the endoscopist to dissect the lesion away from the underlying tissue. ESD is a complex and challenging procedure, but it is also highly effective, with a high success rate and low complication rate.

Who is a Candidate for ESD?

ESD is typically performed on patients with precancerous or early cancerous lesions in the gastrointestinal tract. The most common indications for ESD include:

- Barrett's esophagus
- Gastric dysplasia
- Colorectal polyps
- Pancreatic cysts

What are the Benefits of ESD?

ESD offers several benefits over traditional surgical techniques, including:

- Less invasive: ESD is performed through a small incision in the skin, which minimizes scarring and pain.
- More precise: ESD allows the endoscopist to remove lesions with greater precision than traditional surgical techniques, which reduces the risk of damage to surrounding tissue.
- More effective: ESD has a high success rate and low complication rate, making it an ideal treatment option for precancerous and early cancerous lesions.

What are the Risks of ESD?

As with any medical procedure, there are some risks associated with ESD, including:

- Bleeding
- Infection
- Perforation (a hole in the gastrointestinal tract)
- Stricture (a narrowing of the gastrointestinal tract)

How is ESD Performed?

ESD is performed under general anesthesia. The endoscopist first inserts an endoscope into the gastrointestinal tract. The endoscope is a thin, flexible tube with a camera on the end. The endoscopist then injects a saline solution into the submucosal layer of the gastrointestinal tract. The saline solution creates a cushion that allows the endoscopist to dissect the lesion away from the underlying tissue. The endoscopist uses a variety of specialized instruments to dissect the lesion, including:

- Electrosurgical knives
- Scissors
- Forceps

What is the Recovery from ESD?

The recovery from ESD is typically short. Most patients are able to go home the same day as the procedure. Patients may experience some pain, bleeding, and swelling after the procedure, but these symptoms usually subside within a few days. Patients should follow their doctor's instructions for care after ESD, including:

- Taking pain medication
- Eating a soft diet
- Avoiding strenuous activity

Endoscopic submucosal dissection (ESD) is a safe and effective treatment option for precancerous and early cancerous lesions in the gastrointestinal tract. ESD is less invasive, more precise, and more effective than

traditional surgical techniques. If you are diagnosed with a precancerous or early cancerous lesion in the gastrointestinal tract, talk to your doctor to see if ESD is right for you.

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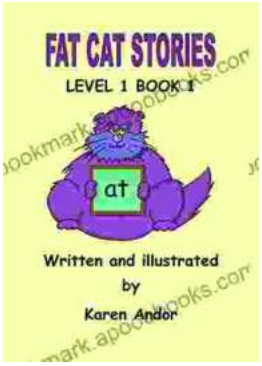

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