

Table I. Predictors of treatment outcome in patients with achalasia.

Treatment option	Positive predictors	Negative predictors
Botulinum toxin injection	Vigorous achalasia Advanced age	High initial LES pressure Lack of response to first treatment
Pneumatic dilation	Age >40 years Type II pattern of achalasia on HRM Early disease Postinterventional LES pressure <10mmHg >50% improvement over baseline in barium column height 1min after initiation of a timed barium swallow	Male gender Incomplete obliteration of the balloon waist or small balloon size (<30mm) High postdilation LES pressure Type I or type III patterns of achalasia on HRM Features of advanced disease (e.g. an enlarged esophagus)* Postinterventional LES pressure >10–15mmHg <50% improvement over baseline in barium column height 1min after initiation of a timed barium swallow
Surgical myotomy	Age <40 years Type II pattern of achalasia on HRM Early disease Postinterventional LES pressure <10mmHg >50% improvement over baseline in barium column height 1min after initiation of a timed barium swallow	Severe preoperative dysphagia Low initial LES pressure Prior endoscopic treatment (primarily botox injection) Type I or type III patterns of achalasia on HRM Features of advanced disease (e.g. an enlarged esophagus)* Postinterventional LES pressure >10–15mmHg <50% improvement over baseline in barium column height 1min after initiation of a timed barium swallow

*A negative predictor in most studies. Abbreviations: HRM, high-resolution manometry; LES, lower esophageal sphincter.