

# Clinical summary

The following is a synopsis of a published clinical study.

**Title** Radiofrequency Ablation in Barrett's Esophagus with Dysplasia

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## BACKGROUND

Barrett's Esophagus (BE) is a condition of intestinal metaplasia of the esophagus and is associated with increased risk of esophageal adenocarcinoma. This multi-center, sham-controlled trial was completed to evaluate whether endoscopic radiofrequency ablation could eradicate dysplastic BE and decrease the rate of neoplastic progression.

## STUDY DESIGN

A total of 127 patients were randomized to receive either radiofrequency ablation (RFA group) or a sham procedure (control group). Randomization was stratified based on the grade of dysplasia and length of BE segment. Primary outcomes were complete eradication of dysplasia and intestinal metaplasia at 12 months.

## KEY RESULTS

Outcome Measure	RFA Group	Control Group	p Value
Complete Eradication of Intestinal Metaplasia (all patients, intention to treat)	65/84 (77%)	1/43 (2%)	<0.001
Complete Eradication of Dysplasia (low grade dysplasia patients, intention to treat)	38/42 (90%)	5/22 (23%)	<0.001
Complete Eradication of Dysplasia (high grade dysplasia patients, intention to treat)	34/42 (81%)	4/21 (19%)	<0.001
Progression of Dysplasia (Any)	3/84 (4%)	7/43 (16%)	0.03

## CONCLUSIONS

When compared to the sham procedure, RFA in patients with dysplastic BE resulted in high rates of complete eradication of dysplasia and intestinal metaplasia and reduced disease progression.

