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Endoscopic resection of a cervical esophageal retention cyst presenting with recurrent pharyngeal discomfort

Yong-Qi Liu¹, Chuan-Bin Zheng¹, Hong-Yan Wang¹

¹Department of Gastroenterology, Shenzhen Traditional Chinese Medicine Hospital, The Fourth Clinical Medical College of Guangzhou University of Chinese Medicine, Shenzhen, China

Correspondence: Hong-Yan Wang. Department of Gastroenterology. Shenzhen Traditional Chinese Medicine Hospital, The Fourth Clinical Medical College of Guangzhou University of Chinese Medicine. 1 Fuhua Road, Futian District, Shenzhen 518033, Guangdong, China

e-mail: wanghongyan09@126.com

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Dear Editor,

A 55-year-old female presented with a 1-year history of recurrent pharyngeal discomfort. Gastroscopy revealed a 20×5 mm protruding submucosal mass at the esophageal inlet (Fig. 1A). Endosonography demonstrated an irregular hypoechoic lesion confined to the submucosal layer, devoid of vascular signals (Fig. 1B, C), suggestive of a benign esophageal cyst. The patient underwent endoscopic submucosal dissection (ESD) without complications (Fig. 1D). Histopathology confirmed cystic dilatation of submucosal glands, with mucin-filled cavities lined by histiocytes and mild chronic inflammation, consistent with a retention cyst (Fig. 2).

Discussion

Esophageal retention cysts, particularly those located in the cervical esophagus near the inlet, are rarely reported. In women, these cysts often present with symptoms resembling those of menopause, which can delay diagnosis and treatment. While endoscopic resection has been documented for esophageal cysts in the thoracic segments (1), our clinical experience suggests that ESD is both safe and effective for larger cystic lesions at the esophageal inlet (2). Preoperative evaluation is crucial, particularly for the accurate assessment of lesions that are poorly transonic. Additionally, deep airway intubation anesthesia and ESD performed by skilled surgeons are essential for achieving successful outcomes in these cases (3).

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Figure legends

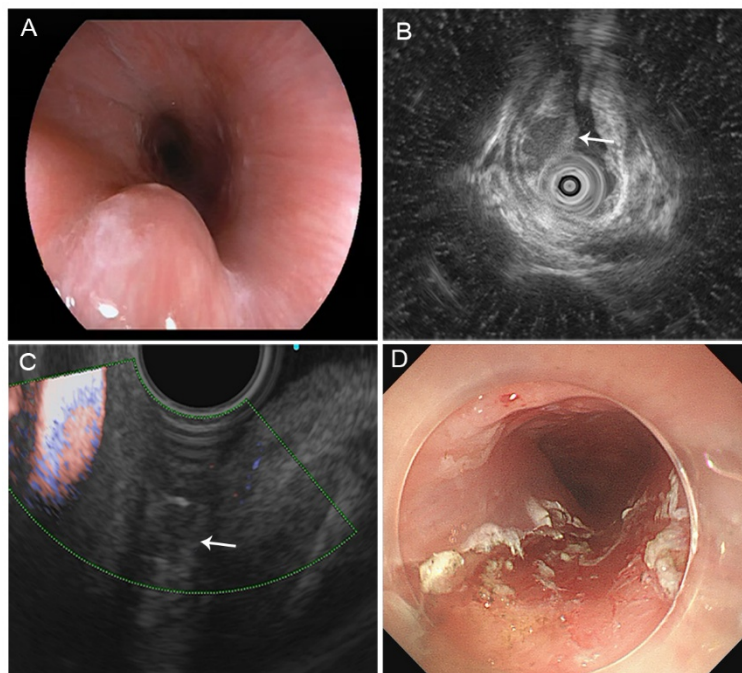


Fig. 1. A. Endoscopic view of the submucosal elevated lesion. B. Mini-probe endoscopic ultrasonography (EUS) showing the lesion (arrow) within the submucosal layer, exhibiting a hypoechoic, irregular, and multilocular appearance with well-defined margins. C. Color Doppler demonstrating no intralesional blood flow signals (arrow). D. Endoscopic appearance of the mucosal defect after surgery.

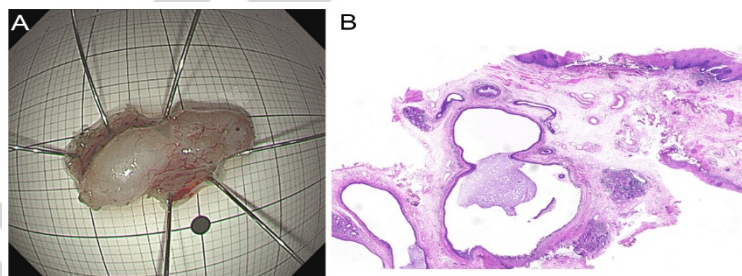


Fig. 2. A. Gross appearance of the resected specimen. B. Histopathology revealing a retention cyst (HE staining, ×35).