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Schatzki Ring

What is Schatzki ring?

A Schatzki ring is a ring of mucosal tissue that narrows the lower esophagus causing difficulty in swallowing. It can sometimes block the entire esophagus.

What are the symptoms of Schatzki ring?

Not all patients show symptoms of having Schatzki ring. As the opening of the esophagus becomes smaller poorly chewed food such as meat can get caught at the level of the ring. This causes sensations of food sticking when swallowing.

How is Schatzki ring diagnosed?

A Schatzki ring can be diagnosed by a barium swallow or an upper endoscope examination. An Endoscopy is the best way of diagnosing a Schatzki ring.

Treatment

Procedures that will stretch these rings allowing freer passage of solid food are recommended. Stretching can be performed with endoscopes or tapered dilators inserted through the mouth passed into the stomach by endo. This is usually done with intravenous sedation to reduce discomfort. Dilation may be repeated if narrowing recurs.

