

# The advantages of balloon dilations

Below are clinical studies that highlight the various advantages of balloon dilations. Some of these advantages can include decreased patient risk and cost savings—many of which accompany an in office, transnasal approach.

Click on each source below to view the abstract or article.

Sources	Topics addressed					
	Decreased risk	Cost savings	Proven technology	In office	Advantage over transoral procedures	Advantage over bougie dilators
1. Venkatesan NN, Belafsky PC. <b>Office-based treatment of dysphagia.</b> <i>Oper Tech Otolaryngol Head Neck Surg.</i> 2016;27(2):104–113.	X	X	X	X	X	
2. Rees CJ, Fordham T, Belafsky PC. <b>Transnasal balloon dilation of the esophagus.</b> <i>Arch Otolaryngol Head Neck Surg.</i> 2009;135(8):781–783.	X		X	X	X	X
3. Josino IR, Madruga-Neto AC, Ribeiro IB, et al. <b>Endoscopic dilation with bougies versus balloon dilation in esophageal benign strictures: sytematic review and meta-analysis.</b> <i>Gastroenterol Res Pract.</i> 2018:1–9.	X					X
4. Howell RJ, Schopper MA, Giliberto JP, et al. <b>Office-based esophageal dilation in head and neck cancer: safety, feasibility, and cost analysis.</b> <i>Laryngoscope.</i> 2018;128(10):2261–2267.	X	X		X	X	
5. Siddiqui UD, Banerjee S, Barth B, et al. <b>Tools for endoscopic stricture dilation.</b> <i>Gastrointest Endosc.</i> 2013;78(3):391–404.			X			X

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