

Management

Avoid Triggers

[Avoid-sign with Trigger](#)

In general, there is no completely effective therapy for DES and treatment failure is common. As such, identifying and reducing the triggers responsible for the esophageal spasms is important. Some triggers can include drinking very hot or very cold fluids, drinking red wine, anxiety, and depression.

Calcium Channel Blockers

[Calcium-cow Channel with Blocks](#)

Calcium channel blockers are often used in the management of DES. Calcium channel blockers are effective in reducing the amplitude of esophageal contractions.

Nitrates

[Nitro-tank](#)

Nitrates are another effective medication which can be used to treat diffuse esophageal spasm.

Surgery

[Surgeon](#)

The treatment of last resort is esophagomyotomy. The efficacy of this procedure in treating DES is controversial and it is only recommended in cases when a patient is incapacitated by the symptoms.