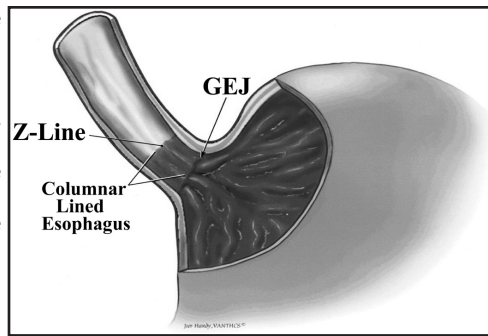


**Figure 3-4.** Photomicrograph of specialized intestinal metaplasia in Barrett's esophagus (H&Ex100). Note the villiform surface and the numerous intestinal-type goblet cells.



**Figure 3-5.** Landmarks for the diagnosis of Barrett's esophagus. The squamocolumnar junction (SCJ or Z-line) is the visible line formed by the juxtaposition of squamous and columnar epithelia. The GEJ is the imaginary line at which the esophagus ends and the stomach begins. The GEJ corresponds to the most proximal extent of the gastric folds. When the SCJ is located proximal to the GEJ, there is a columnar-lined segment of esophagus. (Reprinted from *Gastroenterology*, 117, Spechler SJ, The role of gastric carditis in metaplasia and neoplasia at the gastroesophageal junction, 218-228, © 1999, with permission from American Gastroenterological Association.)



mittee recommendations whose efficacy has not been verified by clinical studies, and some authorities feel that there is insufficient evidence to support the practice of routine endoscopic screening of patients with chronic GERD symptoms.<sup>35</sup>

### DIAGNOSIS AND PREVALENCE OF BARRETT'S ESOPHAGUS

Endoscopy is needed to diagnose Barrett's esophagus. Endoscopists recognize columnar epithelium in the esophagus because it has a dull, reddish color that contrasts sharply with the pale, glossy appearance of the squamous epithelium (Figure 3-5). The GEJ, the level at which the esophagus ends and the stomach begins, is recognized endoscopically as the most proximal extent of the gastric folds. Specialized intestinal metaplasia cannot be distinguished from gastric-type columnar epithelia by endoscopic appearance alone, however, and the diagnosis of Barrett's esophagus requires the demonstration of specialized intestinal metaplasia in esophageal biopsy specimens. If specialized intestinal metaplasia extends >3 cm above the GEJ, the condition is called long-segment Barrett's esophagus; <3 cm of esophageal metaplasia is called short-segment Barrett's esophagus.<sup>36</sup>