



Eosinophilic Esophagitis Guide

Eosinophilic esophagitis (EoE) is a **chronic condition** that affects the esophagus, the tube that carries food from your mouth to your stomach. In EoE, certain white blood cells called eosinophils build up in the lining of the esophagus, causing inflammation. This is usually triggered by certain foods or allergies.

Symptoms:

Common symptoms include trouble swallowing (especially solid foods), food getting stuck, chest pain, and sometimes heartburn. Children may have stomach pain, vomiting, or trouble growing.

Diagnosis:

EoE is diagnosed by a doctor using an upper endoscopy, a procedure where a small camera looks at your esophagus. During this test, small tissue samples (biopsies) are taken to check for eosinophils. EoE is confirmed if there are at least 15 eosinophils per high-power field under the microscope, and other causes (like acid reflux or infections) are ruled out.

Treatment:

There are three main ways to treat EoE, often called the "3 D's":

- **Diet:** Some people improve by removing certain foods from their diet. This can be done by avoiding common triggers (like dairy, wheat, eggs, soy, nuts, and seafood) or by using allergy tests to guide which foods to avoid. Sometimes, a special formula diet is used.
- **Drugs:** Medicines can help reduce inflammation. These include:
 - **Proton pump inhibitors (PPIs):** These reduce stomach acid and help about one-third of patients.
 - **Swallowed steroids:** These are usually asthma medicines (like fluticasone or budesonide) that are swallowed instead of inhaled. They help about two-thirds of patients and have few side effects when used this way.
 - **Biologics:** Dupilumab is a newer medicine approved for EoE in children and adults who do not respond to other treatments.

- **Dilation:** If the esophagus becomes narrowed or scarred, a procedure called dilation can stretch it and make swallowing easier. This does not treat inflammation but helps with symptoms.

Prognosis:

EoE is a **long-term condition**. With treatment, most people can control their symptoms and prevent complications. If left untreated, EoE can cause scarring and narrowing of the esophagus, making swallowing more difficult. Because EoE can come back, ongoing treatment and regular check-ups are important.

Living with EoE:

Managing EoE often means working with a team, including your doctor, an allergist, and sometimes a dietitian. Following your treatment plan and keeping up with appointments can help you stay healthy and avoid problems.

If you have questions or notice new symptoms, talk to your healthcare provider.

References

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