

# Eosinophilic Esophagitis (EoE)



## What is Eosinophilic Esophagitis?

Eosinophilic Esophagitis (also called EoE for short), is a chronic inflammatory condition of the food tube (**esophagus**: ih-SOF-eh-guss) often caused by a reaction to common foods.

## How is EoE diagnosed?

To make the diagnosis the doctor obtains samples (called biopsies) from the lining of the esophagus with a thin camera that is gently slid down the mouth into the esophagus, stomach and intestine. This procedure, called an endoscopy, is done as an outpatient and with sedation or anesthesia so the patient is not uncomfortable.

## Treatment options for EoE

**Eliminating certain foods:** Because EoE can be triggered by foods in some people, the doctor may advise a systematic trial of eliminating certain foods to control EoE. Common triggering foods may include milk, soy, egg, wheat, fish/shellfish, peanuts/tree nuts.

### EoE Symptoms:

- *Difficulty with eating or swallowing*
- *Nausea or Vomiting*
- *Food getting stuck in food pipe*
- *Chest or abdominal pain*
- *Poor weight gain*

**Medications:** (1) Proton Pump inhibitors are a kind of acid reducing medications that can help controlling EoE. (2) Topical steroids can be used to coat the esophagus lining and improve EoE.

## Management of EoE

Because it is a chronic condition the treatment is continued long term. Treatment does not cure EoE but keeps it under control and prevents complications. Ongoing monitoring with repeating biopsies may be done to make sure the Eosinophilic Esophagitis is well controlled.