

## Eosinophilic Esophagitis

### Background

#### General

- Eosinophilic Esophagitis is a chronic allergic inflammatory condition that affects your esophagus, the tube that connects your mouth and your stomach.

#### Symptoms

- Symptoms vary, however classically involve food sticking, choking on solid foods, and having a hard time swallowing solid foods
- Other symptoms can involve chest pain, heartburn, vomiting

#### Risk Factors

- Classic risk factors include: (not required)
  - Male sex
  - Atopy – Asthma, Eczema, Environmental Allergies

#### Diagnosis

- Needs a combination of symptoms AND histopathology, which is obtained from the histopathology (obtained by biopsies obtained through endoscopy)

### Treatment

#### Treatment Options

- Standard treatments, need to be discussed with your health team but classically involve antacids, swallowed steroid, and/or food elimination diets.

## EoE Resources

### Canadian Digestive Health Foundation

- <https://cdhf.ca/en/digestive-conditions/eosinophilic-esophagitis/>

### American College of Gastroenterology

- EoE in Pediatric and Adolescent Patients Overview

### GI Kids (NASPGHAN)

- A Guide to Eosinophilic Esophagitis In Children and Adults

### Canadian Society of Intestinal Research (badgut.org)

- Eosinophilic Gastrointestinal Disease

### CartoonGI - Video for kids

- <http://www.moviegi.com/> (select Eosinophilic Esophagitis)

### APFED - American Partnership for Eosinophilic Disorders

- A patient's guide to Resources and Hope

### Food Allergy Canada

- What is Eosinophilic Esophagitis?

### EOSNETWORK (UK Based Charity for Eosinophilic Diseases)

- <https://www.eosnetwork.org/patient-leaflets>

## For Health Care Professionals

### AGREE 2018 Consensus Guidelines

- Updated International Consensus Diagnostic Criteria for Eosinophilic Esophagitis: Proceedings of the AGREE conference

### AGA Clinical Guidelines 2020

- AGA Institute and the Joint Task Force on Allergy-Immunology Practice Parameters Clinical Guidelines for the Management of Eosinophilic Esophagitis