What is Eosinophilic Esophagitis (EoE)?

Eosinophilic Esophagitis (EoE) is a chronic, progressive, immune-mediated disease that affects the esophagus. In patients with EoE, eosinophils – which are a type of white blood cell – build up along the lining of the esophagus, resulting in dysfunction, inflammation and tissue damage.\(^1\)

Eosinophilic Esophagitis (EoE)

**Symptoms**

Signs and symptoms of EoE vary with age. When the disease is active in adolescents or adults, symptoms may include: \(^1,2\)

In infants or young children, the most common symptoms include: \(^3,4\)

- **Feeding difficulties** including feeding refusal/aversion
- **Atopic disorders** (food allergy, asthma, chronic rhinitis)
- **Abdominal pain**
- **Nausea/vomiting**
- **Heartburn and regurgitation**
- **Difficulty swallowing** (dysphagia)
- **Esophageal narrowing (stenosis)**
- **Decreased appetite**
- **Food becoming stuck in the esophagus (impaction)**
- **Upper abdominal pain**
- **Vomiting**
- **Exercise-induced chest pain**
- **Heartburn**
- **Pain with swallowing**

Some infants and children may experience poor weight gain, known as “failure to thrive.”\(^5\)

**Disease Burden**

EoE can result in serious complications. For instance, when food becomes lodged in the esophagus, known as impaction, it can result in a medical emergency if a person is not able to swallow or vomit.\(^1\)

**Diagnosis & Treatment**

Endoscopy with a biopsy is necessary to diagnose EoE, but physicians may order blood tests as well.\(^1,2\)

Due to the varying symptoms of EoE, some of which overlap with other diseases, in addition to low disease awareness, patients are often misdiagnosed with gastroesophageal reflux disease (GERD).\(^9\)

In some patients who don’t respond to dietary changes or medicinal treatments, esophageal dilation may also be a potential course of action. Esophageal dilation involves endoscopic stretching of the esophageal strictures to relieve symptoms and improve the ability to swallow.\(^1,2\)

There are currently no approved therapies for EoE in the U.S. While EoE is becoming more prevalent around the world, patients have few treatment options. Because EoE is a chronic disease, patients typically require ongoing treatment to help manage symptoms, including: \(^1,2\)

**DIETARY CHANGES**

- Elimination diet

**MEDICINAL TREATMENTS**

- Corticosteroids
- Proton pump inhibitors (acid blockers)

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Currently, on estimated 34.2 people per 100,000 live with EoE globally, with a higher prevalence in men than women.\(^4,5\)

Beyond the medical impact, the burden of EoE significantly affects quality of life from a lifestyle and psychological perspective for both patients and their care providers. Patients with EoE may experience: \(^6-8\)

- **Psychosocial impairments**
- **Sleeping difficulties**
- **Problems in school**
- **Impact on eating**
- **Social difficulties**
- **Anxiety**
- **Depression**
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