

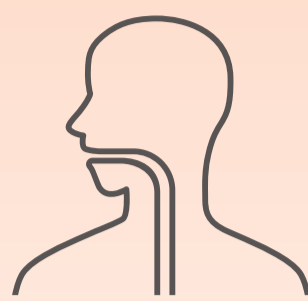
# Endoscopic Reference Score (EREFS)

## What is the EREFS?

The **EREFS is a scoring system** used by healthcare providers that can help evaluate the severity of eosinophilic esophagitis (EoE). The EREFS alone cannot diagnose EoE, but it can **help** diagnose the condition and monitor it over time.<sup>1</sup>

An EREFS score can be given from a routine endoscopy by a gastroenterologist and does not require a separate procedure or special equipment. The score is given based on observation of the appearance of the esophagus.

Healthcare providers often report a patient's EREFS score as a part of their endoscopic findings.



### What is EoE?

EoE is a chronic, progressive, immune-mediated disease that affects the esophagus.<sup>2</sup>

In patients with EoE, eosinophils – which are a type of white blood cell – build up in the lining of the esophagus, resulting in dysfunction, inflammation and tissue damage.<sup>2</sup>

Learn more [here](#).

## EREFS Components

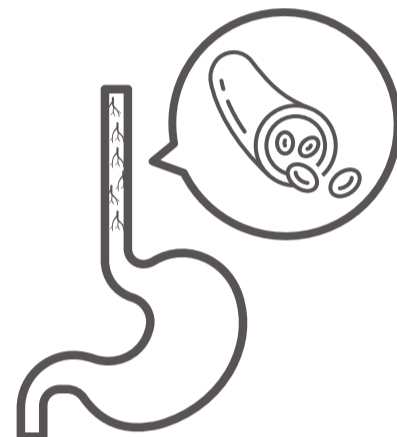
EREFS is an **acronym** for 5 features that can help healthcare providers assess the severity of EoE.

Each of the 5 components is given a number, or a score. A higher **total score** (when all 5 component scores are added together) may reflect more severe or serious EoE.<sup>1</sup>

### E Edema

Edema means swelling. In a normal esophagus, blood vessels are visible in the lining of the esophagus. Decreased visibility of blood vessels or a pale esophagus may indicate swelling.

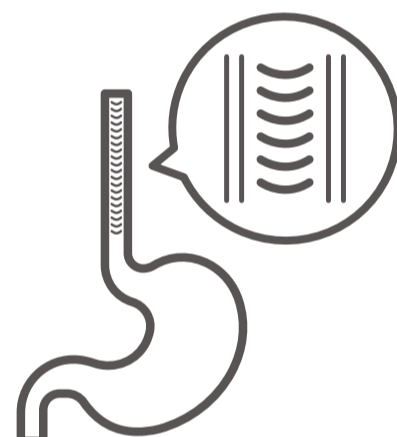
Edema is scored as either 0 (can see the blood vessels) or 1 (cannot see the blood vessels).



### R Rings

A healthy esophagus is usually smooth. In an individual with EoE, rings going down the esophagus may be visible, indicating more severe disease. Some doctors refer to this as “trachealization.”

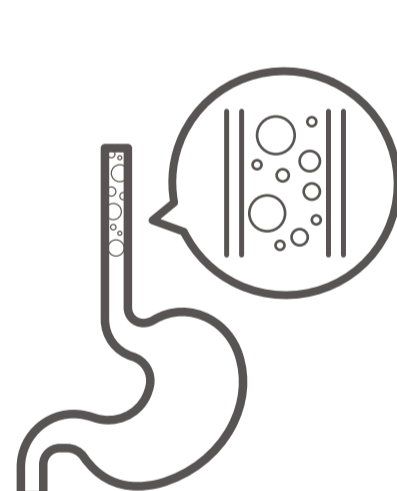
The presence of rings is scored from 0 (no rings) to 3 (severe distinct rings).



### E Exudates

Exudates are white spots, which are made of pus. They are also known as plaques. In an individual with EoE, these white spots can indicate more serious disease.

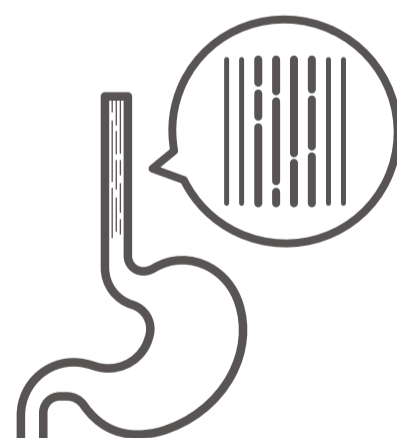
Exudates are scored based on how much of the esophageal surface area they cover: 0 (none), 1 (mild, covering <10% of the esophagus surface area), or 2 (severe, covering >10% of the esophagus surface area).



### F Furrows

Furrows are vertical lines running down the esophagus. The presence of these lines often means an individual has EoE.

Furrows are scored as either 0 (absent) or 1 (present).

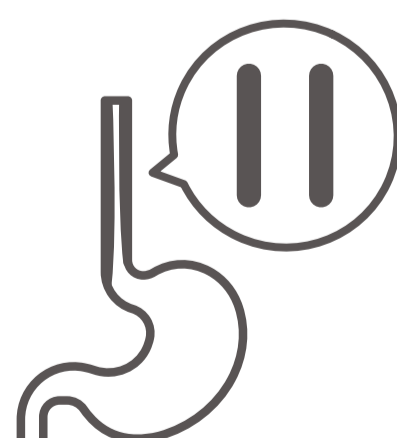


### S Stricture

Stricture is the narrowing of the opening of the esophagus.

Stricture is scored as either 0 (absent) or 1 (present).

A narrowing esophagus results from long-term inflammation. It can make swallowing difficult and worsen the chances of food becoming impacted. If narrowing occurs, the esophagus can be dilated, or expanded, with a procedure called endoscopic dilation.



Bristol Myers Squibb is committed to increasing awareness and understanding of EoE, including the important methods and tools used by healthcare providers to help recognize and monitor the condition over time.