Eosinophilic Esophagitis

What is eosinophilic esophagitis (EoE)?

Eosinophilic esophagitis (EoE) is a disease in which there is swelling (inflammation) in the tube that connects the throat to the stomach. This tube is called the food tube, swallowing tube, or esophagus. With EoE, the wall of the esophagus is filled with cells called eosinophils. This is an allergic response to food or environmental allergens. Normally eosinophils should not be in the esophagus.

What are the symptoms of EoE?

Symptoms of EoE often vary by age, but the most common symptoms include:
- Feeding problems and vomiting.
- Poor weight gain (failure to thrive).
- Stomach pain.
- Swallowing problems (dysphagia).
- Food getting stuck in the esophagus (food impaction).

Who tends to get EoE?

Anyone can get EoE, but it happens more often in boys, school-age children, and children that have a personal or family history of allergies or asthma.

How is EoE diagnosed?

The only way to diagnose someone with EoE is by doing an endoscopy procedure. This is a medical test that lets your child’s doctor see what is happening in the esophagus. During the endoscopy, your child’s doctor will take tissue samples of the esophagus (biopsy) and see if there are eosinophils in the esophagus. This is the only way to check on the status of the disease.

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How is EoE treated?

A team of health care providers will care for your child, including a:
- Gastroenterologist (GI doctor)
- Allergist
- Nurse
- Dietitian

Treatment can include:
- Taking foods out of the diet (elimination diet)
- Taking medicine
- Following the elimination diet and taking medicine

Your child will need more endoscopy procedures in the future to check if the treatments are working.

What happens as my child with EoE gets older?

Your child will always need treatment for EoE. It will not go away on its own. Without treatment, there may be scarring on your child’s esophagus or other medical problems as your child gets older.

Where can I get more information?

Specific information about your child’s EoE should come from your child’s health care team. General information about EoE and food allergies may be found at:
- The American Partnership for Eosinophilic Disorders (APFED): www.apfed.org
- The Food Allergy Research and Education (FARE): www.foodallergy.org

Now that you’ve read this:

☐ Tell your nurse or doctor what causes your child’s EoE. (Check when done.)

☐ Tell your nurse or doctor how you will treat your child’s EoE. (Check when done.)

If you have any questions or concerns,

☐ call your child’s doctor or ☐ call __________________________}

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Eosinophillic Esophagitis

Name of Health Care Provider: _______________________________
Date returned: ____________ ☐ db

Family Review of Handout

Health care providers: Please teach families with this handout. Families: Please let us know what you think of this handout.

Would you say this handout is hard to read? ☐ Yes ☐ No
Would you say this handout is hard to read? ☐ Yes ☐ No

Please circle the parts of the handout that were hard to understand.

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Would you do anything differently after reading this handout? ☐ Yes ☐ No

If yes, what?

After reading this handout, do you have any questions about the subject? ☐ Yes ☐ No

If yes, what?
Is there anything you don’t like about the drawings? ☐ Yes ☐ No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

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Thank you for helping us!