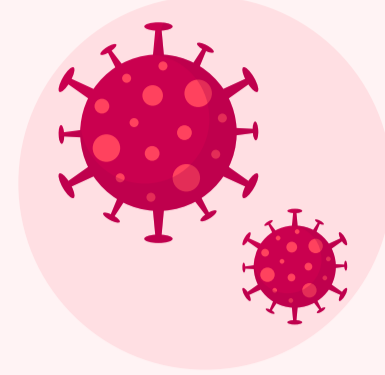
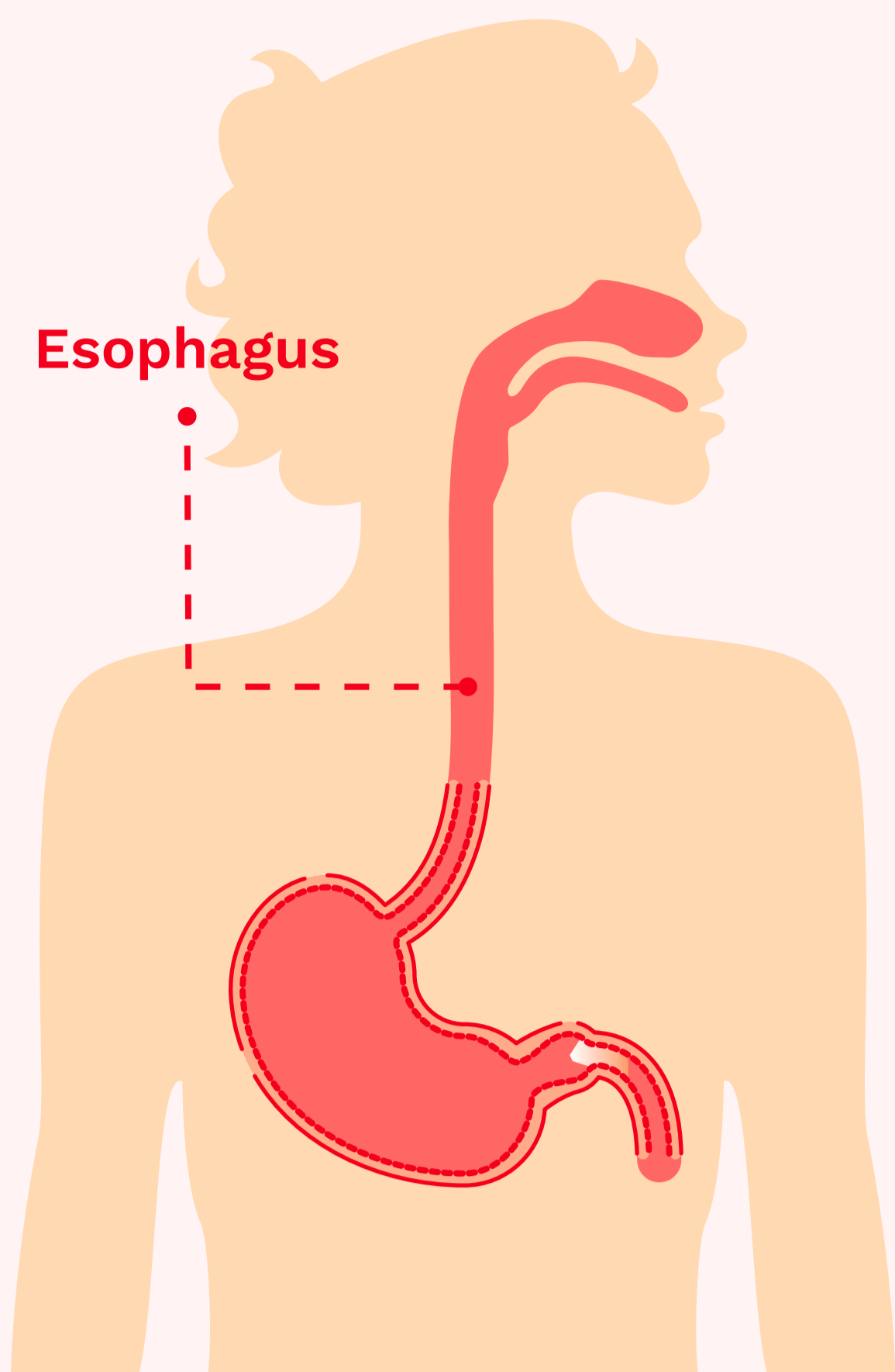


Understanding and Managing Eosinophilic Esophagitis (EoE)

EoE is often mistaken for other health conditions such as acid reflux. Here's how to tell the difference.



What is eosinophilic esophagitis (EoE)?



EoE is a chronic, lifelong immune condition that affects the esophagus.



Eosinophils are a type of white blood cell that defend your body as a response to triggers like food and environmental allergens.



EoE happens when eosinophils build up in your esophagus due to allergens and cause inflammation.

Symptoms of EoE include:



Trouble swallowing



Throwing up



Reflux



Poor appetite



Food getting stuck in the esophagus (impaction)



Stomach and/or chest pain



Nausea



Trouble sleeping because of symptoms (pain, stomach problems and reflux)



These symptoms may come and go, flaring up only once in a while, or they may be constant.



Babies and little kids with EoE may have feeding difficulties and vomiting. They may not get enough of the nutrients they need to grow properly. This is called failure to thrive.



Diagnosing EoE

EoE is diagnosed by a gastroenterologist using a procedure called an upper endoscopy with a biopsy. This allows your healthcare provider (HCP) to look for inflammation and eosinophils (white blood cells) in the esophagus.

Treating and Managing EoE

There's no cure for EoE, but treating and managing the disease can help keep EoE under control.

Diet

Identify and avoid specific foods that trigger inflammation with guidance from a healthcare provider.



Medication



Medicines include:

- Corticosteroids
- Proton pump inhibitors (PPIs)
- Biologics

Medicine can help:

- Lower the amount of acid your stomach makes
- Reduce swelling and inflammation
- Improve swallowing
- Remove the need for dietary changes



Treatment isn't one size fits all. Find an approach that helps you feel better and keeps your EoE under control over time.

Treating EoE is important

EoE is a lifelong chronic condition that requires ongoing monitoring and management, including endoscopy to monitor disease progression and treatment response. If left untreated:

- ⚠ Inflammation can cause scar tissue
- ⚠ The esophagus can narrow
- ⚠ Eating can be painful
- ⚠ Food can get stuck in your esophagus
- ⚠ The disease can progress



If you have symptoms of EoE, talk to a gastroenterologist.