

TYPE 2 INFLAMMATORY DISEASES SERIES



#4

THINGS YOU NEED TO KNOW ABOUT EOSINOPHILIC ESOPHAGITIS (EOE)

A CHRONIC AND PROGRESSIVE DIGESTIVE DISEASE

Eosinophilic esophagitis (EoE) is a chronic and progressive type 2 inflammatory disease that damages the esophagus and prevents it from working properly.¹ Over time, excessive type 2 inflammation causes scarring and narrowing of the esophagus, making it difficult to swallow.²



SYMPTOMS CAN CHANGE OVER TIME

Symptoms of EoE can vary depending on age, with older patients experiencing recurring abdominal or chest pain, while children often suffer from decreased appetite and nausea. Other common symptoms include difficulty swallowing, and food impaction, when food gets stuck in the esophagus, which can lead to long-term damage and, in some cases, a serious medical emergency.



OFTEN MISDIAGNOSED

EoE is frequently confused with other more common digestive conditions with similar symptoms such as acid reflux or gastroesophageal reflux disease, which can delay an accurate and prompt diagnosis.³

CAN HAVE A PSYCHOSOCIAL IMPACT

EoE can seriously impact daily life, and this can worsen as symptoms become more severe.^{4,5}

People with EoE are more likely to have depression and anxiety, which can be related to fears about disease progression and difficulties managing their disease, such as adapting eating habits to keep to a strict diet.^{4,6,7}



CAN CO-EXIST WITH OTHER TYPE 2 INFLAMMATORY DISEASES

People with EoE are more likely to live with other type 2 inflammatory diseases. One study showed:

- **60.3 percent** were also diagnosed or treated for allergic rhinitis;
- **45.4 percent** for asthma;
- and **46 percent** for atopic dermatitis.

Up to **75 percent** of EoE sufferers have a personal or family history of atopic disease.²

1. Abonia JP, et al. Eosinophilic esophagitis: rapidly advancing insights. *Annu Rev Med.* 2012;63:421-434. 2. De Matteis A, et al. Eosinophilic Esophagitis in Children: Clinical Findings and Diagnostic Approach [published online ahead of print, 2019 Oct 4]. *Curr Pediatr Rev.* 2019. 3. Abe Y, et al. Diagnosis and treatment of eosinophilic esophagitis in clinical practice. *Clin J Gastroenterol.* 2017;10(2):87-102. 4. Lucendo AJ, et al. Guidelines on eosinophilic esophagitis: evidence-based statements and recommendations for diagnosis and management in children and adults. *United European Gastroenterol J.* 2017;5(3):335-358. 5. Mikkada V, et al. Health-Related Quality of Life and Costs Associated With Eosinophilic Esophagitis: A Systematic Review. *Clin Gastroenterol Hepatol.* 2018;16(4):495-503. 6. Wang R, et al. Assessing Adherence and Barriers to Long-Term Elimination Diet Therapy in Adults with Eosinophilic Esophagitis. *Dig Dis Sci.* 2018;63(7):1756-1762. 7. Chehade M, et al. Phenotypic Characterization of Eosinophilic Esophagitis in a Large Multicenter Patient Population from the Consortium for Food Allergy Research. *J Allergy Clin Immunol Pract.* 2018;6(5):1534-1544.