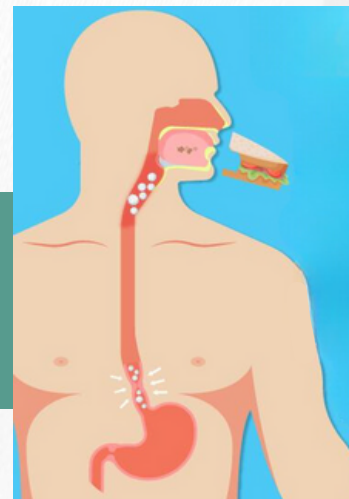




EOSINOPHILIC ESOPHAGITIS



WHAT IS EOSINOPHILIC ESOPHAGITIS?

A chronic Immune system disease which causes a type of white blood cells (eosinophils) to build up in the lining of the tube that connects your mouth to your stomach (esophagus). The buildup is due to a reaction to foods, allergens or acid reflux leading to inflammation or injury to esophageal tissue. The damage to the esophagus can lead to trouble swallowing or food getting stuck when you swallow.

SYMPTOMS

- Difficulty swallowing (dysphagia)
- Food getting stuck in the esophagus after swallowing (impaction)
- Chest pain that is often centrally located and does not respond to antacids
- Backflow of undigested food (regurgitation)

CAUSES

- Reaction of the esophagus - lining of your esophagus reacts to allergens (food or pollen)
- Multiplication of eosinophils - eosinophils multiply in your esophagus and produce a protein leading to inflammation
- Damage to the esophagus - inflammation can lead to scarring, narrowing and formation of excessive fibrous tissue in the esophagus lining
- Dysphagia and impaction

RISK FACTORS

- Cold or dry climates, spring and fall season due to increased pollen levels, more common in males, family history, environmental allergies, asthma, atopic dermatitis, chronic respiratory disease.

DIAGNOSE

- Upper endoscopy
- Biopsy of esophagus
- Blood tests (eosinophil count / total immunoglobulin E levels)

TREATMENT

- Dietary - cutting out dairy or wheat may reduce inflammation
- Proton pump inhibitor (acid blocker)
- Topical steroid (liquid form, fluticasone or budesonide)
- Monoclonal antibodies (block action of certain proteins in body that cause inflammation - Dupixent Injection)
- Dilation / stretching to make swallowing easier
- Maintaining healthy weight
- Avoid foods and drinks that trigger heartburn (fatty/fried foods, tomato, alcohol, chocolate, mint, garlic, onion, caffeine)
- Elevating the head of your bed at night

COMPLICATIONS

- Scarring and narrowing of the esophagus. This makes it difficult to swallow and more likely that you will have food get stuck.
- Damage to the esophagus. Because of inflammation of the esophagus, tearing can occur in connection with retching that some people experience when they get food stuck in the esophagus.