

# Eosinophilic Esophagitis (EoE)

Eosinophilic esophagitis (EoE) is a chronic and progressive condition which over time can cause damage to the esophagus, making swallowing food difficult (dysphagia) and may lead to food getting stuck (impaction).<sup>1</sup>

## Who Can Get EoE?



People of any age and gender can have EoE, including teens and adults. Some adults may have had EoE since childhood, while others develop symptoms later in life.<sup>2</sup>

## What Causes EoE?

EoE may be associated with type 2 inflammation, an abnormal response of the immune system to food or airborne allergens. This underlying inflammation in the esophagus can lead to EoE symptoms. Over time, this can cause damage to the esophagus if not well managed.<sup>2-4</sup>

## Signs & Symptoms

Symptoms of EoE are caused by inflammation. As inflammation and scarring build up, the opening may progressively narrow, making it difficult for food to pass through. Symptoms of EoE may differ depending on age.<sup>1</sup>

### IN CHILDREN (UP TO AGE 11)<sup>5-8:</sup>

- Regurgitation (food flowing back into the esophagus)
- Vomiting
- Refusal of food
- Belly (abdominal) pain
- Poor growth and weight loss
- Difficulty swallowing (dysphagia)

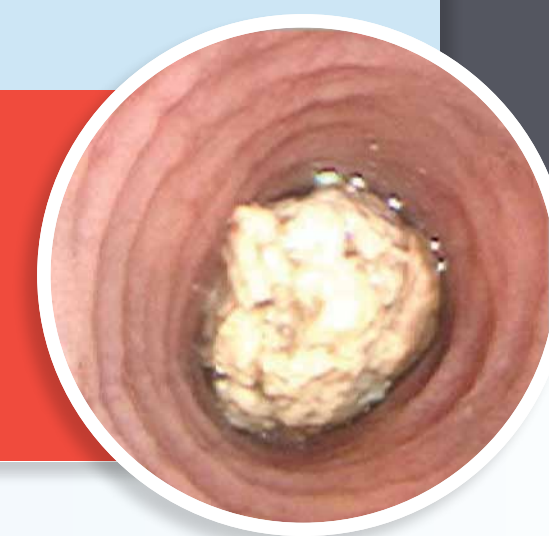


### IN ADULTS AND TEENS (AGE 12 AND UP)<sup>1,5-8:</sup>

- Difficulty swallowing (dysphagia)
- Feeling of food being stuck
- Heartburn and/or chest pain
- Abdominal pain
- Vomiting
- Food impaction

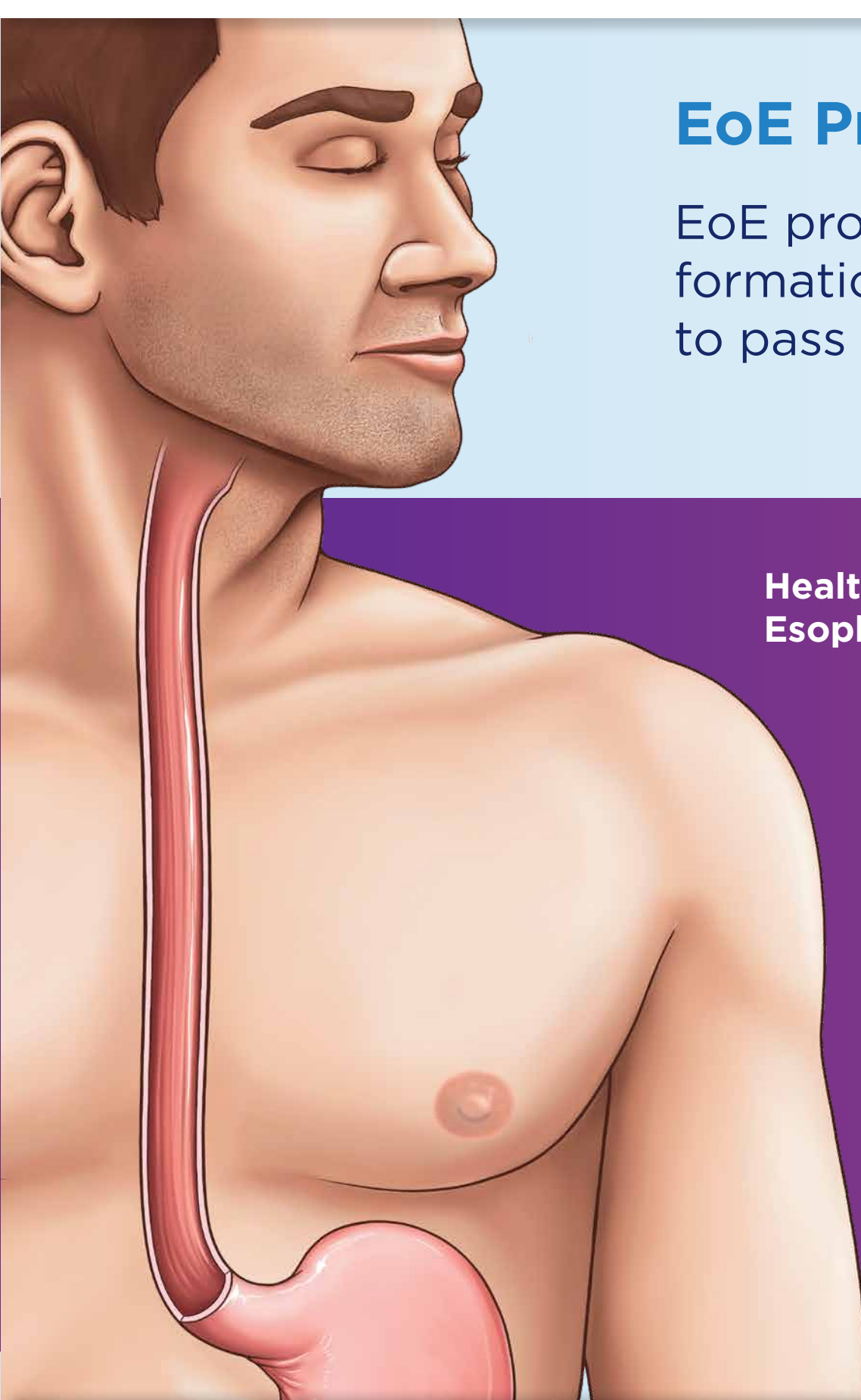


EoE can lead to food impaction, which can be a medical emergency requiring a visit to the ER if the food remains stuck in the esophagus and does not pass into the stomach or is vomited.<sup>2</sup>



## EoE Progression

EoE progresses due to chronic inflammation of the esophagus. This leads to remodeling of the esophagus, formation of excessive scar tissue (fibrosis), and development of narrow areas that make it difficult for food to pass (strictures).<sup>6,8</sup>



### Healthy Esophagus

### Inflammation Begins

Continuous exposure to food allergens in the esophagus can lead to inflammation. Inflammation creates swelling, white plaques, and furrows in the esophagus.<sup>9</sup>

Swelling

Furrow

White plaque

### Inflammation Continues and Fibrosis Begins

Long-term inflammation results in the development of scar tissue (fibrosis) which changes the esophageal structure (remodeling). Rings may begin to appear.<sup>9</sup>

Ring

Fibrosis

### Fibrosis Continues with Inflammation

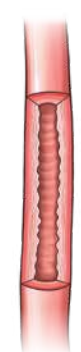
Fibrosis continues to advance even in the absence of inflammation. Esophagus remodeling continues, and features such as strictures and rings become more prominent.<sup>9</sup>

Stricture

Fibrosis

## Complications of EoE

Chronic inflammation from EoE may lead to long-term changes in the esophagus, such as esophageal remodeling and fibrosis.<sup>8</sup> **The progressive remodeling in the esophagus can result in serious complications, including:**



**Fibrosis**  
(formation of excessive scar tissue)<sup>10,11</sup>



**Stenosis/strictures**  
(narrowing of the esophagus)<sup>5,6</sup>



**Food impaction**  
(food getting stuck in the esophagus)<sup>1</sup>

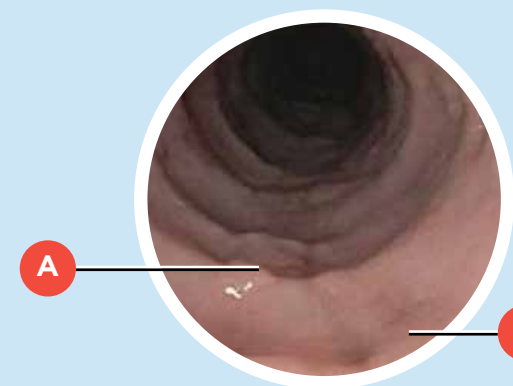
## Coping with EoE

EoE can make mealtime difficult by making the simple act of eating unpredictable. EoE may cause people to make adjustments to their eating behaviors in order to cope with symptoms.

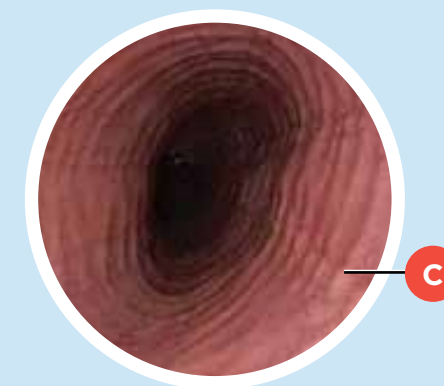
**Here are some ways people try to cope with their EoE symptoms<sup>6,12:</sup>**

- Cutting food into small pieces (the size a toddler could eat)
- Mixing food with liquids, sauces, or gravy
- Drinking lots of fluid to help food go down
- Chewing for a very long time
- Avoiding sticky or dense foods
- Prolonging meal times
- Avoiding taking pills or tablets
- Avoiding food-oriented events
- Eating at home before going to food-oriented events

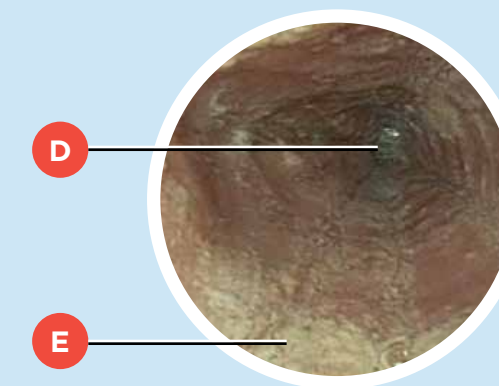
## Understanding Features of EoE<sup>5,6</sup>



**A. Rings**  
Circular rings of tissue in the esophagus that can be temporary or permanent



**B. Edema**  
Swelling



**C. Furrows**  
Ridges that form along the length of the esophagus

**D. Strictures**  
Narrow areas of the esophagus that make it difficult for food to pass

**E. Exudate**  
White spots filled with pus

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