



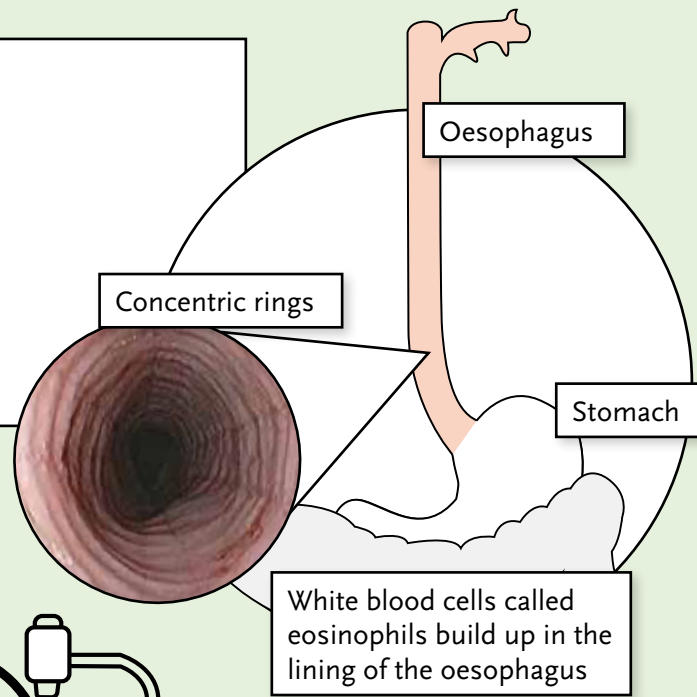
Eosinophilic  
oesophagitis

# explained

(EoE for short)

# Eosinophilic oesophagitis (EoE for short)

A condition causing inflammation of the oesophagus



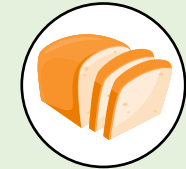
Download KEoEPING Track app for EoE patients



EoE can be triggered by eating certain food allergens



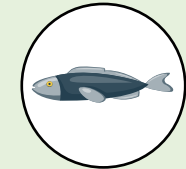
Milk



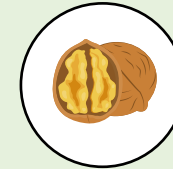
Wheat



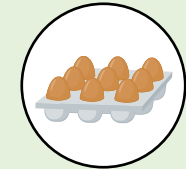
Soy



Fish



Nuts



Eggs

If it's not treated, inflammation can cause changes to the oesophagus

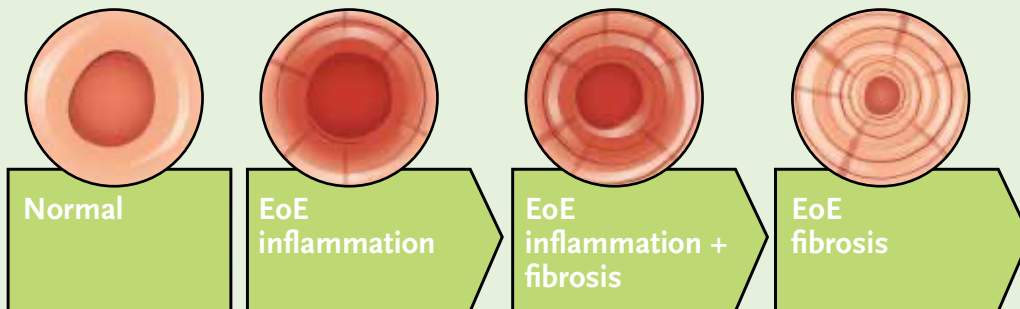


Patient video

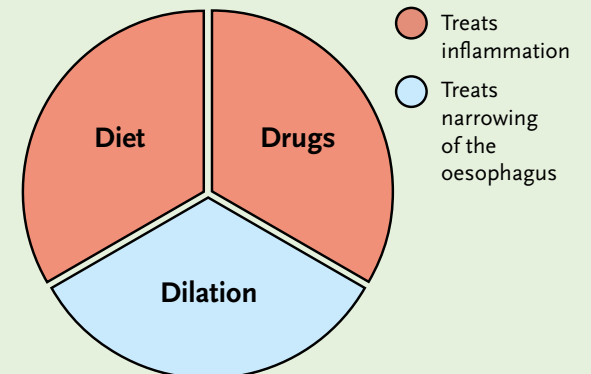
Scan here for more information about EoE



Patient leaflet

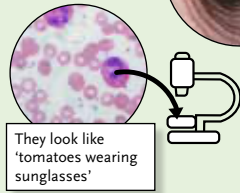


Treatments fall into three main categories

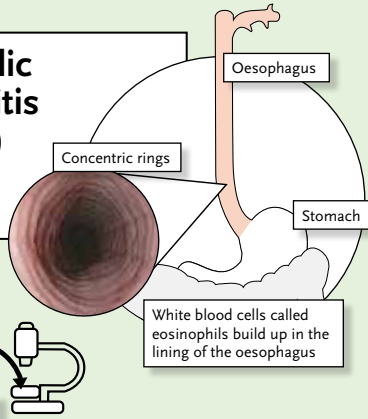


## Eosinophilic oesophagitis (EoE for short)

A condition causing inflammation of the oesophagus



They look like 'tomatoes wearing sunglasses'



Concentric rings

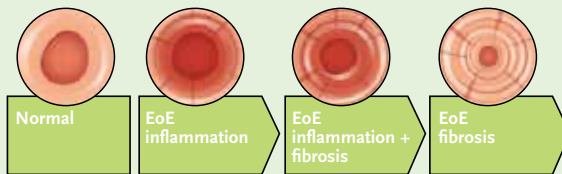
Oesophagus

Stomach

White blood cells called eosinophils build up in the lining of the oesophagus

- Oesophagitis is inflammation of the lining of the oesophagus, the muscular tube that carries food from your mouth to your stomach<sup>1</sup>
- Eosinophils are a type of white blood cell that helps defend your body from infection<sup>2,3</sup>
- Normally eosinophils are present in very low levels in the oesophagus, but in EoE, they build up in the lining of the oesophagus and produce proteins that cause inflammation<sup>4,5</sup>

If it's not treated, inflammation can cause changes to the oesophagus



Normal

EoE inflammation

EoE inflammation + fibrosis

EoE fibrosis

- Inflammation leads to scarring, narrowing and the formation of fibrous tissue in the lining of the oesophagus, making it harder for it to stretch<sup>6</sup>
- This can cause difficulty swallowing, known as 'dysphagia' in medical terms, the most common symptom of EoE<sup>7</sup>
- EoE isn't considered to be life threatening, but it can impact on your eating habits, social plans and overall quality of life<sup>3,6</sup>
- Some people find that spending more time chewing and drinking lots of water helps stop food getting stuck<sup>8</sup>

EoE can be triggered by eating certain food allergens



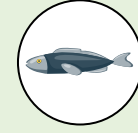
Milk



Wheat



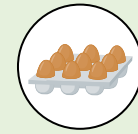
Soy



Fish



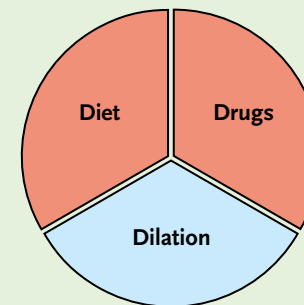
Nuts



Eggs

- EoE is sometimes called 'asthma of the oesophagus'<sup>5</sup>
- We don't know exactly what causes EoE, but it seems like in some people it's triggered by eating certain foods or breathing in certain allergens in the air<sup>7</sup>
- EoE has been linked to other allergic conditions such as asthma, eczema, and food allergies, but the connection isn't fully understood<sup>3,5</sup>

Treatments fall into three main categories



● Treats inflammation

● Treats narrowing of the oesophagus

- Treatment has three main parts: diet, drugs and dilation<sup>7</sup>
- One way to reduce inflammation is to avoid trigger foods. To find out which foods are the problem, suspicious foods can be removed and slowly reintroduced<sup>6,7</sup>
- Drugs can also help ease inflammation – there is a steroid for EoE that slowly dissolves in your mouth to evenly coat your oesophagus<sup>9</sup>
- Some people experience narrowing of the oesophagus that can be treated with dilation to make swallowing easier<sup>7</sup>

## References

### Eosinophilic oesophagitis (EoE)

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## Abbreviations

**EoE:** eosinophilic oesophagitis

## Useful links:

[www.dralk.co.uk](http://www.dralk.co.uk)

[www.eosnetwork.org](http://www.eosnetwork.org)

Adverse events should be reported. Reporting forms and information in Ireland can be found at [www.hpra.ie](http://www.hpra.ie) and in the UK at [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard) or search for MHRA Yellow Card in the Google Play or Apple App Store. Adverse events should also be reported to Dr Falk Pharma UK Ltd. at [PV@drfalkpharma.co.uk](mailto:PV@drfalkpharma.co.uk)

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