DOCTOR DISCUSSION GUIDE

Managing Eosinophilic Esophagitis

Eosinophilic esophagitis is a chronic disease that occurs as an immune response to certain triggers. The problem causes inflammation of the esophagus, the tube that sends food from your mouth into your stomach. Learning about the disease can help you manage pain and discomfort. Prepare for your next healthcare provider’s visit with these common terms and questions.

Vocabulary to Know

Your doctor might mention these common terms. Here’s what they mean.

<table>
<thead>
<tr>
<th>Term</th>
<th>Description</th>
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<tbody>
<tr>
<td>Dysphagia</td>
<td>Difficulty or pain while swallowing liquids, food, or saliva. Dysphagia is a common symptom of eosinophilic esophagitis. It can interfere with your ability to consume the amount of food and/or liquid you need to stay healthy.</td>
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<tr>
<td>Elimination Diet</td>
<td>A form of dietary therapy that includes the elimination of the six most common food allergens (milk, wheat, soy, egg, nuts, and fish) for six weeks. As symptoms improve, the allergen is restored to the diet.</td>
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<tr>
<td>Elemental Diet</td>
<td>When you are on an elemental diet, you consume your nutrients through a liquid drink or feeding tube. The diet can reduce inflammation and other symptoms of severe eosinophilic esophagitis.</td>
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<tr>
<td>Eosinophils</td>
<td>A type of white blood cell that fights infection in the body. When higher than normal levels of eosinophils accumulate in the esophagus, it interferes with normal function, causing eosinophilic esophagitis.</td>
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<td>Esophageal Biopsy</td>
<td>A medical procedure that involves taking a tissue sample from the esophagus for closer examination in a laboratory. It is performed during an upper endoscopy. It is considered necessary for the diagnosis of eosinophilic esophagitis.</td>
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<td>Esophageal Dilation</td>
<td>Eosinophilic esophagitis can narrow the opening of the esophagus, which can lead to food impaction (when food becomes firmly stuck in the esophagus). The procedure involves inserting a tube or inflating a balloon into the narrowed areas to widen the esophagus and allow easier swallowing.</td>
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<td>Gastroesophageal reflux disease (GERD)</td>
<td>A digestive disorder in which stomach acids flow back up from the stomach into the esophagus. GERD and eosinophilic esophagitis are often confused because the conditions cause similar symptoms but require different treatments.</td>
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<td>Proton Pump Inhibitor</td>
<td>A group of drugs that stop the stomach from producing too much acid. The drugs are used as primary therapy for eosinophilic esophagitis in children and adults.</td>
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<td>Swallowed Topical Steroids</td>
<td>Steroid therapy that involves swallowing medications intended for inhalation for asthma treatment. The medications have proven effective in reducing the inflammation in the esophagus that occurs with eosinophilic esophagitis.</td>
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<tr>
<td>Upper Endoscopy</td>
<td>A test that involves the insertion of a flexible tube through the esophagus and into the stomach and upper intestine. The tube has a light and camera at the end to allow for close examination of these areas.</td>
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Learn more at www.verywellhealth.
Questions to Ask
These questions can help guide you as you discuss your concerns with your medical team.

About Symptoms
❑ Will my symptoms change as I get older?
❑ What symptoms could develop that are cause for concern?
❑ What happens if my symptoms become worse?

About Causes & Risk Factors
❑ Does eosinophilic esophagitis increase my risk of esophageal cancer or other life-threatening diseases?
❑ Can I pass eosinophilic esophagitis to my children?
❑ Can the disease affect other parts of my body?

About Diagnosis
❑ Is it necessary to have an endoscopy and biopsy for an accurate diagnosis?
❑ Is my diagnosis of eosinophilic esophagitis secondary to another condition?
❑ Will I have to undergo allergy testing?
❑ Could any other conditions cause the results of my tests?

About Treatment
❑ How will I have to modify my diet?
❑ How long does it take treatment to improve my symptoms?
❑ What type of improvement should I expect from this treatment?
❑ What is used to determine if treatment is effective?

About Living With Eosinophilic Esophagitis
❑ Will I have to manage eosinophilic esophagitis for the rest of my life?
❑ Can I eat at a restaurant if I have eosinophilic esophagitis?
❑ Are there local or online support groups for people with eosinophilic esophagitis?