



## DOCTOR DISCUSSION GUIDE

# Managing Eosinophilic Gastritis

Eosinophilic gastritis and/or eosinophilic duodenitis (EG/EoD) is a chronic condition, which means that symptoms may come and go, and treatment might be needed throughout one's lifetime. Talking openly with your healthcare team and asking frequent questions is an important step to help you take control of this condition and effectively manage it. Learning some of the terms that may be used during medical appointments will help you to talk about eosinophilic gastritis.

## Vocabulary to Know

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

<b>Ascites</b>	A buildup of fluid in the abdomen (belly) that can be caused by several different diseases and conditions. The abdomen can become enlarged and bloated.
<b>Biopsy</b>	A piece of tissue that is taken from an organ in the body to be looked at under a microscope. Seeing the cells under high magnification can help diagnose diseases and conditions.
<b>Colitis</b>	Inflammation (swelling and redness) in the lining of colon, which is part of the large intestine. Colitis can lead to the formation of ulcers (holes) inside the colon as well as bleeding, which can show up as blood in the stool.
<b>Chronic</b>	A chronic condition is one that comes and goes over a lifetime. It may go through periods where it is less active followed by times where it is more active, causing symptoms and complications.
<b>Eczema</b>	A group of conditions that causes the skin to become irritated or inflamed. Signs and symptoms of eczema include redness, itchiness, or a rash-like appearance. Eczema is sometimes associated with an allergy.
<b>Endoscopy</b>	A procedure used to look inside the throat, stomach, intestines, or other parts of the digestive system. Looking at the lining of the digestive system and taking biopsies is considered the most effective way to diagnose EG/EoD.
<b>Eosinophils</b>	A type of white blood cell that fights disease and infection. Eosinophils may be present when there is an infection with a parasite, there is cancer present, or there is an allergic reaction.
<b>Gastritis</b>	Inflammation or irritation in the stomach lining. Gastritis can be caused by many different diseases and conditions, and can cause pain, bleeding, or even ulcers.
<b>Gastroenterologist</b>	A physician with special training in treating diseases of the digestive system. A gastroenterologist has an internal medicine degree and is trained to perform procedures and tests such as colonoscopies.
<b>Remission</b>	In chronic conditions, when there are few or no symptoms, the condition may be referred to as in a state of remission. The goal of treatment for chronic illnesses is often to put the disease into remission.



## Questions to Ask

These questions can help guide you as you discuss your concerns with your medical team.

### About Symptoms

- For which symptoms should I contact my doctor? For which should I go to the hospital?
- After treatment starts, when will symptoms improve?
- What is the next step if my symptoms don't improve?

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### About Causes & Risk Factors

- Do we know what caused my eosinophilic gastritis?
- Does the disease run in families? Will my children inherit it?

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### About Diagnosis

- When will we know the results of my biopsy?
- How certain is the diagnosis? Are there other conditions that could mimic eosinophilic gastritis?
- Which tests or lab work needs to be completed on a routine basis to monitor the disease?

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### About Treatment

- Will I need to take steroids to manage my disease?
- What will be the next step in treatment if diet management and/or steroids aren't effective?
- Are there any OTC options to help treat symptoms?
- Are complementary or alternative therapies useful?
- When might surgery be needed?
- Are there clinical trials for eosinophilic gastritis?
- When will I be able to stop or scale back treatments?

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### About Living With Eosinophilic Gastritis

- Are there support groups or patient advocacy groups for people who live with eosinophilic disorders?
- Where can I get help in managing my diet?
- Are there other changes to my lifestyle (such as stress reduction or exercise) that might be helpful?

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