

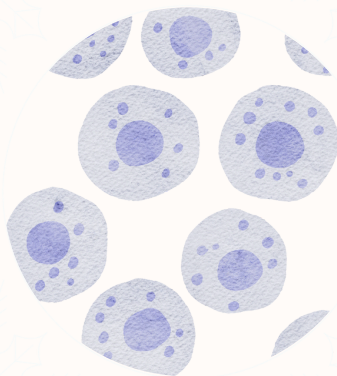
# UNDERSTANDING EOSINOPHILIC ESOPHAGITIS (EOE): A SIMPLE GUIDE

## What is EoE?

Eosinophilic Esophagitis (EoE) is a chronic inflammatory condition of the esophagus, the tube that carries food from the mouth to the stomach.

In EoE, a type of white blood cell called an eosinophil builds up in the esophageal lining. This happens in response to triggers, most commonly foods or sometimes environmental allergens.

Over time, this inflammation can make the esophagus stiff, swollen, and narrow, making it harder for food to pass through smoothly.



## Common Symptoms of EoE.

### Adults & Teens

- Trouble swallowing (dysphagia)
- Feeling like food gets stuck
- Chest pain not related to the heart
- Heartburn or reflux that doesn't improve with medication
- Upper abdominal discomfort
- Avoiding certain foods or eating slowly
- Needing to drink a lot with meals

### Children

- Feeding difficulties
- Vomiting
- Abdominal pain
- Poor weight gain or growth



## Food Triggers for EoE

Food is the #1 trigger for EoE symptoms. The immune system reacts to proteins in certain foods, causing inflammation.

The most common food triggers include:

- Dairy (the #1 trigger)
- Wheat
- Eggs
- Soy
- Peanuts and tree nuts
- Fish and shellfish



Everyone's triggers are different. Some people react to just one food, while others may react to multiple foods.

Elimination diets, allergy testing, and endoscopy-directed food trials can help identify which foods are causing symptoms.

## The Bottom Line

EoE is a chronic but treatable condition. Understanding symptoms and knowing which foods may trigger inflammation is the first step toward improving swallowing, reducing inflammation, and feeling better overall.