



The Role of Allergies in Eosinophilic Esophagitis

Eosinophilic esophagitis (EoE) is an allergic condition that involves inflammation of the esophagus.

Most commonly affects the age groups of
★ 5-14 years & 20-45 years ★

Symptoms of EoE:

- Difficulty swallowing
- Upper stomach pain
- Indigestion
- Chest pain
- Food getting stuck in the throat

The Connection Between EoE and Food Allergies

There is a strong connection between food allergies and EoE.



- Unfortunately, there is no reliable testing to identify the specific food triggers.
- Identifying food triggers from symptoms is difficult due to EoE's delayed reactions over days.
- Elimination diet is the only way.

The 6 foods that have been mostly associated with this condition are:

1. Cow's Milk
2. Wheat/Gluten
3. Soy
4. Eggs
5. Nuts
6. Fish/Seafood

Not all individuals will respond with dietary treatment alone - this may be due to other environmental allergens and/or other food allergens.

Elimination Diet:

- Followed for **6 weeks ★**
- After that, an endoscopy is done to check for symptoms and inflammation improvements
- The eliminated foods are then reintroduced one at a time for at least 6 weeks each. The goal is to find out which foods trigger the EoE reactions and avoid them lifelong to manage the condition.

1. Elemental diet

- Most effective, hardest to implement.
- Eliminating all solid foods and replacing your diet entirely with an amino acid-based formula.

2. Step Up Approach

- The step-up approach, which begins with the two-food elimination diet (TFED) targeting cow's milk and wheat, reduces unnecessary food eliminations & endoscopies compared to the traditional six-food elimination diet (SFED)



Doctors, specialists, and registered dietitians can help you navigate and understand the EoE diagnosis and discuss your treatment options.

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