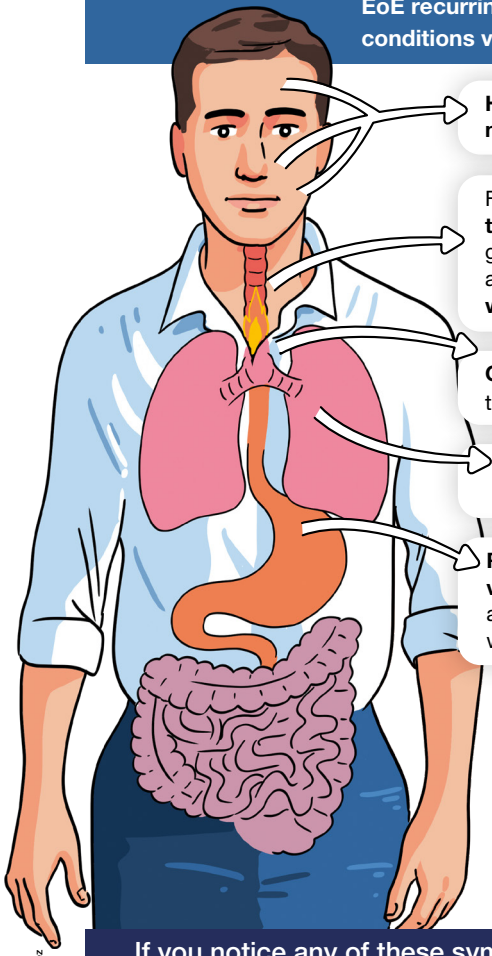
COULD IT BE EOE? THE SIGNS AND SYMPTOMS

Eosinophilic esophagitis (EoE) is a chronic and progressive disease that can occur at any age.[1] EoE is caused by an underlying inflammation, which can damage the esophagus (the tube that takes food from your mouth to your stomach). Often linked with a personal or family history of allergy-related conditions, its symptoms vary widely and can affect the entire body. People can experience one, some, or all EoE symptoms, which may vary depending on age. As EoE is a silent condition, understanding behaviors that help people with EoE cope with symptoms (both consciously and unconsciously) is important. This guide will help you better understand the possible associated symptoms of EoE and common coping mechanisms to look out for.

EoE recurring symptoms and associated conditions vary in each person:



Headaches, a **runny or blocked nose** (allergic rhinitis)[2]

Feeling like there is a **lump in your throat** when there is nothing there, getting **food stuck in your throat,** and experiencing **pain and difficulty when swallowing**[2,3]

Chest pain, ranging from mild tightness to severe[3]

Persistent **cough, tight chest, wheezing,** and/or asthma[2]

Reflux or food regurgitation, **vomiting, nausea, stomach pain** and a burning sensation or coughing when eating or lying down (heartburn)[2,3]

Allergic-related conditions like **food allergies** and **dry itchy skin** (eczema)[2]

Joint pain affecting flexibility, or experiencing some form of connective tissue diseases[4]

In responses to EoE-associated symptoms, people may display these signs and eating behaviors as coping mechanisms:

Must avoid contact with allergic triggers like certain types of food, animals, dust, molds, or pollen[1,5]

Cutting food into **small pieces**[6]

Drinking a lot of liquid or using extra sauces when eating to help food go down[6]

Avoiding pills and foods with a certain texture, activities that involve food, or **substituting solids** with blended or pureed foods[3,6]

Eating extra slowly or regularly taking longer to eat than others[6]

Chewing food excessively[6]

Living with EoE has an impact on daily life:

Feelings of **anxiety, frustration, concern** or depression[3,7]

Avoiding social activities with others, especially when food is involved[3,7]

Needing to **reduce working** hours or to **stop working** entirely[3,7]

Feeling fatigued or tired[3]

Not gaining weight as expected or **losing weight** which may lead to malnutrition[3]

The symptoms and coping mechanisms of EoE can look a little different in children and adolescents.

Selective or "picky" eating[6]

Trouble sleeping[3]

Missing school days[7]

Not gaining weight as expected, losing weight and potentially **failing to thrive** or **malnutrition**[3]

Stomach aches, and sometimes, **regurgitating food** or **vomiting**[3]

If you notice any of these symptoms or behaviors, talk to your doctor about EoE. Patient groups are available that can offer additional information and support.

For more information Scan here

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