

AGA Patient Education Section

Eosinophilic Esophagitis

Eosinophilic esophagitis (EoE) is when there is a buildup of eosinophils (a type of white blood cell) in the esophagus (the tube that links your mouth and stomach). The buildup causes irritation and scarring. EoE is the result of an allergy to certain foods and is a lifelong health issue.

Symptoms

Symptoms can vary in each person. For adults and children, the most common symptoms are:

- Reflux that does not respond to medication.
- Trouble swallowing.
- Food gets stuck in the throat.
- Upset stomach or throwing up.
- Poor growth, poor appetite, or weight loss (rarely in adults).
- Belly or chest pain (uncommon in adults).

Getting tested

To find out if you have EoE, you will need an endoscopy and a biopsy to take small tissue samples of the esophagus.

Treatment

- Diet changes.
- Medication.
- Dilation of the esophagus.

For more information, talk to your gastroenterologist and visit patient.gastro.org.

