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**FOR IMMEDIATE RELEASE**

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## **Living with an eosinophilic disorder is challenging**

*Imagine being allergic to food... not just one food but MOST or ALL food*

ausEE Inc. is gearing up for its annual **National EOS Awareness Week** which will be held **3-9 August** and raises awareness for eosinophilic gastrointestinal disorders (EGID).

People living with an EGID often have to live with food restrictions which make it hard on physical, emotional and social levels. There is NO CURE for EGIDs and one of the common treatment options patients follow is an Elimination diet which can mean removing the Top 8 common allergenic foods (which are milk, eggs, soy, wheat, peanuts, tree nuts, shellfish and fish).

ausEE's yearly fundraising campaign the **Top 8 Challenge** is held each year during National EOS Awareness Week on the 8/8. The challenge is, on Friday 8 August, for one meal or for the whole day do not eat any of the top 8 common allergenic foods and don't to help families living with eosinophilic disorders. Visit ausEE's latest video on YouTube for more information <http://youtu.be/SidpjsDqGgs>

ausEE Inc. provides support and information to over 600 families who are caring for someone with an EGID. In addition to the serious physical signs and symptoms of an EGID; it is a challenge to live in a society that focuses on food; those living with an EGID know only too well how difficult it can be.

Lisa, mother of 8 year old Alex, who has been diagnosed with the EGID, eosinophilic oesophagitis (EoE) says:

*'I'm taking the Top 8 Challenge for Alex so that he knows I understand how hard it is for him to not eat the foods he wants to'.*



*a charity dedicated to improving lives affected by eosinophilic disorders*

Web: [www.ausee.org](http://www.ausee.org)  
Email: [admin@ausee.org](mailto:admin@ausee.org)

8 year old Olivia is taking the challenge for the first time this year for her 10 year old sister Bella who also has EoE. Olivia says:

*'I'm taking the Top 8 Challenge for Bella because I want to know what it feels like to be allergic to stuff for a day.'*

Lisa and Olivia are sure they can last 24 hours without their favourite food – but can you imagine a LIFE without pizza, cake and chocolate? That is the reality for many kids like Alex and Bella.

You can register to take the Top 8 Challenge on 8/8 at [www.top8challenge.com](http://www.top8challenge.com)

To find out more about National EOS Awareness Week and EGIDs please visit [www.ausee.org](http://www.ausee.org)

**Media Contacts:**

Sarah Gray, President  
[Sarah.Gray@ausee.org](mailto:Sarah.Gray@ausee.org)

Mercedez Hinchcliff, Vice-President  
[Mercedez.Hinchcliff@ausee.org](mailto:Mercedez.Hinchcliff@ausee.org)