



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

Web: [www.ausee.org](http://www.ausee.org)  
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## FOR IMMEDIATE RELEASE

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### **Living with an eosinophilic disorder is life 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 **11-17 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, wheat, fish, peanuts, tree nuts, soy and shellfish).

**On Tuesday 13 August ausEE invites you to take our Top 8 Challenge!** For one meal or for the whole day ausEE invites you try to not eat any of the top 8 common allergenic foods and don't to make a real difference!

**The challenge rules are simple** on Top 8 Challenge Day - Tuesday 13 August do NOT eat any milk, egg, soy, wheat, peanut, tree nut, shellfish or fish products. You can choose to take the challenge for the whole day or just one meal on the day. By proposing this challenge the charity aims to bring awareness to these often unheard of disorders and raise much needed funds for medical research into EGIDs.

ausEE Inc. provides education, support and information to anyone diagnosed with or caring for someone with an EGID, their families, friends and the community. 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.

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

To learn more about the Top 8 challenge and to take part, go to [www.top8challenge.com](http://www.top8challenge.com)

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A little on EGIDs:

EGIDs occur when eosinophils (pronounced ee-oh-sin-oh-fills), a type of white blood cell, are found in above-normal amounts within the gastrointestinal tract. The eosinophils generally attack foods (or air-borne allergens) creating an allergic response and causing inflammation wherever they may gather.

Having a large number of these white blood cells (where they shouldn't be) can make people very sick. Sometimes they can feel nauseous or they can have stomach and chest pain, heartburn, it can hurt to swallow, they vomit or get food gets stuck in their throat. For a child this can be very painful and socially devastating.

Eosinophilic oesophagitis (EoE) is the most common EGID and affects 1-4 per 10,000 individuals and rising. People with EoE also commonly have other allergic diseases such as asthma or eczema.

Through this awareness week the charity also aims to raise much needed awareness to the medical community with our 2012 poll showing that a staggering 44% took over 3 years to be diagnosed with the life altering condition. Endoscopy and biopsy is the only way to confirm diagnosis of and effectively monitor an EGID. We need to make sure there is a better way to diagnose this disease as to not repeatedly put our children under general anesthesia! There is NO CURE for EGIDs! Will you help?