Did you know?

- **Endoscopy and biopsy** is the only way to confirm diagnosis of and monitor effectively an EGID.

- Eosinophilic Oesophagitis (EoE) is the most common EGID and affects as many as 1 in 2,000 individuals.

- People with EoE commonly have other **allergic diseases** such as asthma or eczema.

- An **Elimination diet** is one of the common treatment options which is why ausEE asks you to take the Top 8 Challenge on 8/8 each year!

Eosinophilic gastrointestinal disorders (EGID) 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 attack foods (or airborne allergens) creating an allergic response and cause 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 feel like vomiting or get food stuck in their throats.

People living with EGIDs often have to live with food restrictions which make it hard on physical, emotional and social levels. That’s why we are raising funds to help find a cure.

Please visit our website to find out more and to support our cause:

www.ausee.org