

National EOS Awareness Week

8-14 August 2021

raising awareness for eosinophilic disorders

Imagine if food caused pain... nausea... reflux... was hard to swallow or suddenly became stuck in your oesophagus



Eosinophilic gastrointestinal disorders (EGIDs) are allergic inflammatory disorders characterized by eosinophilic infiltration in the gastrointestinal tract. In some individuals, eosinophils (a type of white blood cell) accumulate in the gut potentially in response to drugs, food, airborne allergens and other unknown triggers. This infiltration can cause inflammation and tissue damage.

Symptoms vary but can include feeding difficulty, trouble swallowing foods, nausea, persistent vomiting and retching, reflux, abdominal and chest pain or a food can suddenly become stuck in the oesophagus (called a food impaction).

EGIDs are chronic diseases that require ongoing monitoring and management and can have a significant impact on quality of life.

Did you know?

- Endoscopy with biopsies are the only way to confirm a diagnosis of and effectively monitor an EGID.
- Eosinophilic Oesophagitis (EoE) is the most common EGID and affects 1 in 2,000 individuals and rising.
- People with EoE commonly live with other allergic diseases such as IgE food allergies, asthma, eczema and/or hay fever.
- An elimination diet is one common treatment option for EoE which is why ausEE invites people to take the Top 8 Challenge on August 8 to raise awareness and funds for medical research. Sign up at top8challenge.com



eosaware.com



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National EOS Awareness Week and the Top 8 Challenge are community awareness creating and fundraising initiatives of ausEE Inc., a registered Health Promotion Charity endorsed as a deductible gift recipient (DGR). Funds raised from our Top 8 Challenge will be utilised to fund Australian medical research into EGIDs. The information we provide is for information and support purposes only and is not intended as a substitute for medical advice from your doctor or other health professional.



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