



ausEE

a charity dedicated to improving lives affected by eosinophilic disorders

ABN: 30 563 569 016

ausEE Inc.  
PO Box 9303  
Pacific Paradise Qld 4564  
Phone: 1300 923 043  
Email: [admin@ausee.org](mailto:admin@ausee.org)  
Web: [www.ausee.org](http://www.ausee.org)  
[www.eosaware.com](http://www.eosaware.com)



---

- MEDIA RELEASE -

---

## During NEOSW, ausEE asks... Could it be EoE?

National EOS Awareness Week (NEOSW) runs from 2-8 August 2020 across Australia to raise awareness about eosinophilic gastrointestinal disorders (EGIDs). This year the focus of NEOSW is on identifying the symptoms and a reminder for people to continue to monitor their health and maintain medical care during the pandemic.

Do you or someone you know have trouble swallowing certain foods or regularly require a drink when eating? Have you had food suddenly become stuck in your oesophagus (the tube that connects the mouth to the stomach)? Do you experience nausea, vomiting, persistent reflux, retching or abdominal or chest pain?

These are all symptoms of eosinophilic oesophagitis (EoE), the most common type of eosinophilic gastrointestinal disorder (EGID). EoE affects people of all ages and gender and is more common in people with other allergic conditions such as rhinitis, eczema or asthma.

EGIDs are chronic diseases that require ongoing monitoring and management. Current treatment options for EoE include an elimination diet which is tailored to the individual, elemental diet (amino acid-based formulas), proton pump inhibitors (PPIs) and corticosteroids medications (usually topically administered).

If left untreated about 30-50% of children and adults with EoE will eventually get food stuck in the oesophagus, which may have to be removed in hospital. EoE can cause scar tissue (fibrosis) in the oesophagus from years of chronic inflammation and it can also result in severe narrowing of the oesophagus (stricture) requiring oesophageal dilation/s.

It is estimated that between one in one-two thousand Australians live with eosinophilic oesophagitis (EoE). With more than an estimated 12,000 Australians living with EoE, Sarah Gray, President of ausEE Inc., the National patient advocacy organisation for eosinophilic disorders said that this awareness campaign aims to reach out to those who may be living with an EGID, but just don't know it yet. We are also checking in with those that already have a diagnosis who may not have found ausEE yet and let them know that we are here to help. ausEE Inc. provides free support networks and additionally is a source of valuable evidence-based information and practical resources for people living with EGIDs.

EGIDs can only be diagnosed and effectively monitored by having an endoscopy with biopsies taken, normally performed by a gastroenterologist. Earlier this year, the COVID-19 pandemic made it harder for people to get a diagnosis or have their condition monitored due to temporary suspensions that had to be placed on some elective surgeries. But with these suspensions now lifted in most areas\*, it's important not to ignore symptoms. Now is the time to reach out to your doctor if you think you might have an eosinophilic gastrointestinal disorder and ask... Could it be EoE?

For more information about EGIDs and EoE, or to access support visit [www.ausee.org](http://www.ausee.org)

\*there is currently a pause on public and private elective surgeries in metropolitan Melbourne

**-ENDS-**

**Media Contact:**

Sarah Gray, ausEE Inc.,  
Founder and President  
admin@ausee.org  
Ph. 1300 923 043

References:

<https://www.ausee.org/whatisegid.htm>

<https://allergy.org.au/patients/food-other-adverse-reactions/eosinophilic-oesophagitis>

**About ausEE Inc.**

Founded in 2009, ausEE Inc. is Australia's peak national support and patient advocacy organisation representing the estimated 12,000 Australians living with an Eosinophilic Gastrointestinal Disorder (EGID) including Eosinophilic Oesophagitis (EoE).

We are a registered Australia wide charity whose mission is to improve the lives of those affected by EGIDs by providing support, evidence-based information, resources and campaigning to raise awareness and funds for further research in Australia.

**About National EOS Awareness Week**

Since 2011, ausEE Inc. has been hosting National EOS Awareness Week to raise awareness for eosinophilic gastrointestinal disorders (EGIDs). This year #NEOSW2020 is being held 2-8 August 2020.

During NEOSW on Saturday 8 August, ausEE challenges people to take their Top 8 Challenge. For one meal or for the whole day on the 8/8 to not eat any one of, up to all of the top 8 common allergenic foods and don't to make a difference to those living with EGIDs. There is no cure for EoE and one of the common treatment options is an elimination diet which can mean removing up to the Top 8 common allergenic foods. This means no milk, eggs, wheat, fish, peanuts, tree nuts, soy or shellfish. ausEE's Top 8 Challenge is as much about raising awareness for what it can be like to live with an EGID as it is about raising much needed funds for Australian medical research.

National EOS Awareness Week and the Top 8 Challenge are community awareness and fundraising creating initiatives of ausEE Inc. Find out more at [www.eosaware.com](http://www.eosaware.com)

**About EGIDs**

Eosinophilic gastrointestinal disorders (EGIDs) occur when eosinophils, a type of white blood cell, are found in above-normal amounts within the gastrointestinal tract. Eosinophils are an important cell in your body. It has many roles including defence against parasitic infections (e.g. worms), and involvement in some forms of hypersensitivity and allergy. In some individuals, eosinophils accumulate in the gut potentially in response to drugs, food, airborne allergens and other unknown triggers. This infiltration can cause inflammation and tissue damage.