Eosinophilic gastrointestinal disorders (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. In EGIDs, if abnormal amounts of eosinophils are found in different regions it is called:

- oesophagus (eosinophilic oesophagitis)
- stomach (eosinophilic gastritis)
- duodenum (eosinophilic duodenitis)
- small intestine (eosinophilic enteritis)
- large intestine (eosinophilic colitis)
- throughout the gastrointestinal tract (eosinophilic gastroenteritis)

What is Eosinophilic Oesophagitis?

Eosinophilic Oesophagitis (EoE) is the most common type of Eosinophilic Gastrointestinal Disorder (EGID), where there are a large number of eosinophils found in the oesophagus. The exact cause of EoE in most individuals is unclear. In some, it appears to be due to an allergy to food(s) and/or aero-allergens.

The symptoms of EoE vary from one individual to the next and can include: feeding difficulty, difficulty in swallowing foods and/or regularly requiring a drink after eating, nausea, persistent vomiting and retching, reflux, abdominal or chest pain, failure to thrive, food impaction. In other types of eosinophilic gastrointestinal disorders, symptoms depend on which part of the gut is affected (e.g. abnormal stools if the small or large intestine is involved).

Endoscopy with biopsies are the only way to confirm the diagnosis of an EGID and EoE at present. The diagnosis cannot be based upon symptoms alone.

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