



## Bassett Healthcare Network Bassett Medical Center

### Burden of Eosinophilic Esophagitis 2016-2019: NIS-Based Retrospective Analysis

Amna Shaukat, MBBS, Uchit Thapa, MBBS,  
Parikshya Giri Rijal, MBBS, Harshith Thyagaturu,  
MBBS, Lintha Shah, MBBS, Navalok Sharma  
Ghimire, MBBS

#### Introduction

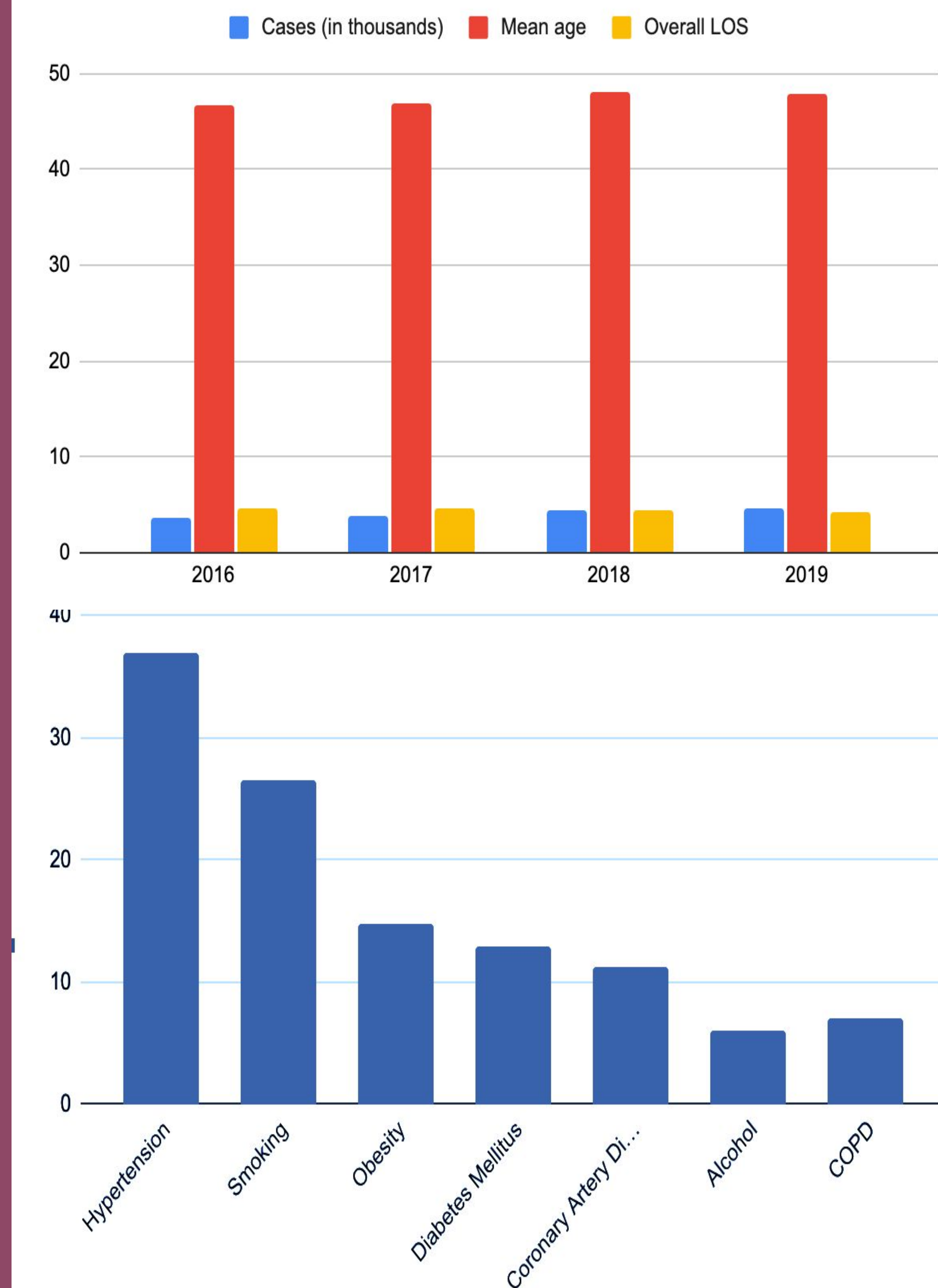
- Eosinophilic esophagitis (EoE) is a chronic and progressive type 2 inflammatory condition causing significant dysphagia and impaired quality of life.
- We aim to study the contemporary prevalence of EoE with gender, racial disparities as well as other baseline characteristics over the course of four years.

#### Methods

- We used the NIS database 2016-2019 to identify patients with eosinophilic esophagitis using the appropriate ICD-10 code (K20.0) which was analyzed using STATA 17.0 software.
- We evaluated the prevalence, baseline characteristics including gender and racial factors, disease distribution in accordance with regions, length of hospital stay, hospital type, healthcare cost, and associated co-morbidities.

Prevalence of Eosinophilic esophagitis remains largely stable during the study period and more than one-third of the patients with eosinophilic esophagitis had hypertension

Cases (in thousands), Mean age and Overall LOS



#### Discussions

- The prevalence of eosinophilic esophagitis has been increasing for the past two decades due to increased disease recognition both by physicians and higher endoscopy volume with biopsies.
- Our study reported a stable prevalence with a 0.01% proportion of total US hospitalizations with the majority of cases reported in urban teaching hospitals.
- The cost and length of hospital stay remained relatively stable over the course of four years with higher prevalence in white middle-aged males similar to the previous studies.
- Nearly 37% patients had hypertension and 26% were reported to be smokers. 14.7% of the patient population had obesity.
- More studies are needed to explore the rise in prevalence of the disease as well as associated comorbid conditions.