

### Introduction

- EoE is an antigen-mediated inflammatory disorder of the esophagus.
- Diagnosis requires symptoms related to esophageal dysfunction & esophageal biopsy showing >15 eosinophils/hpf is confirmatory for diagnosis.
- Proton pump inhibitors (PPIs) are first line agents for the treatment of EoE, together with elimination diet and topical corticosteroids.

### Case Description

- A 34-year-old man presented with a longstanding history of intermittent dysphagia to solids.
- He had an emergent EGD for food impaction three years prior to presentation. No biopsies were obtained at that time, and he was prescribed a short course of PPI before discharge.
- On current presentation, the patient underwent an EGD which showed multiple untraversable strictures requiring dilation.
- Biopsy from multiple sites showed >200 eosinophils/hpf, consistent with a diagnosis of EoE.
- Thereafter, the patient was initiated on PPIs but had to undergo further dilations for recurrent strictures. Topical steroids were subsequently added to the therapy with satisfactory response.

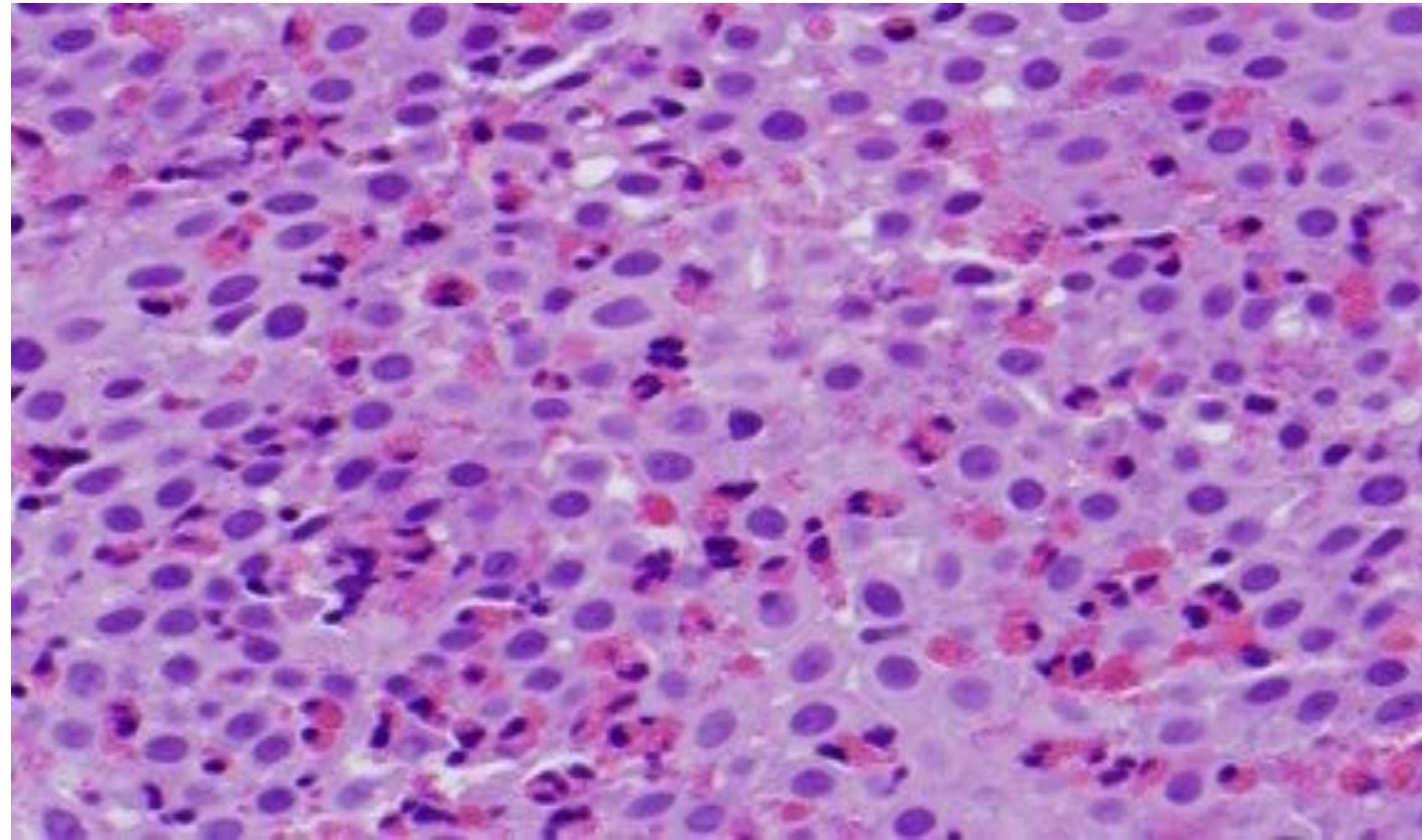


Figure: Abundant eosinophils (about 200/ high power field) with degranulation are present in the spongiotic squamous epithelium.

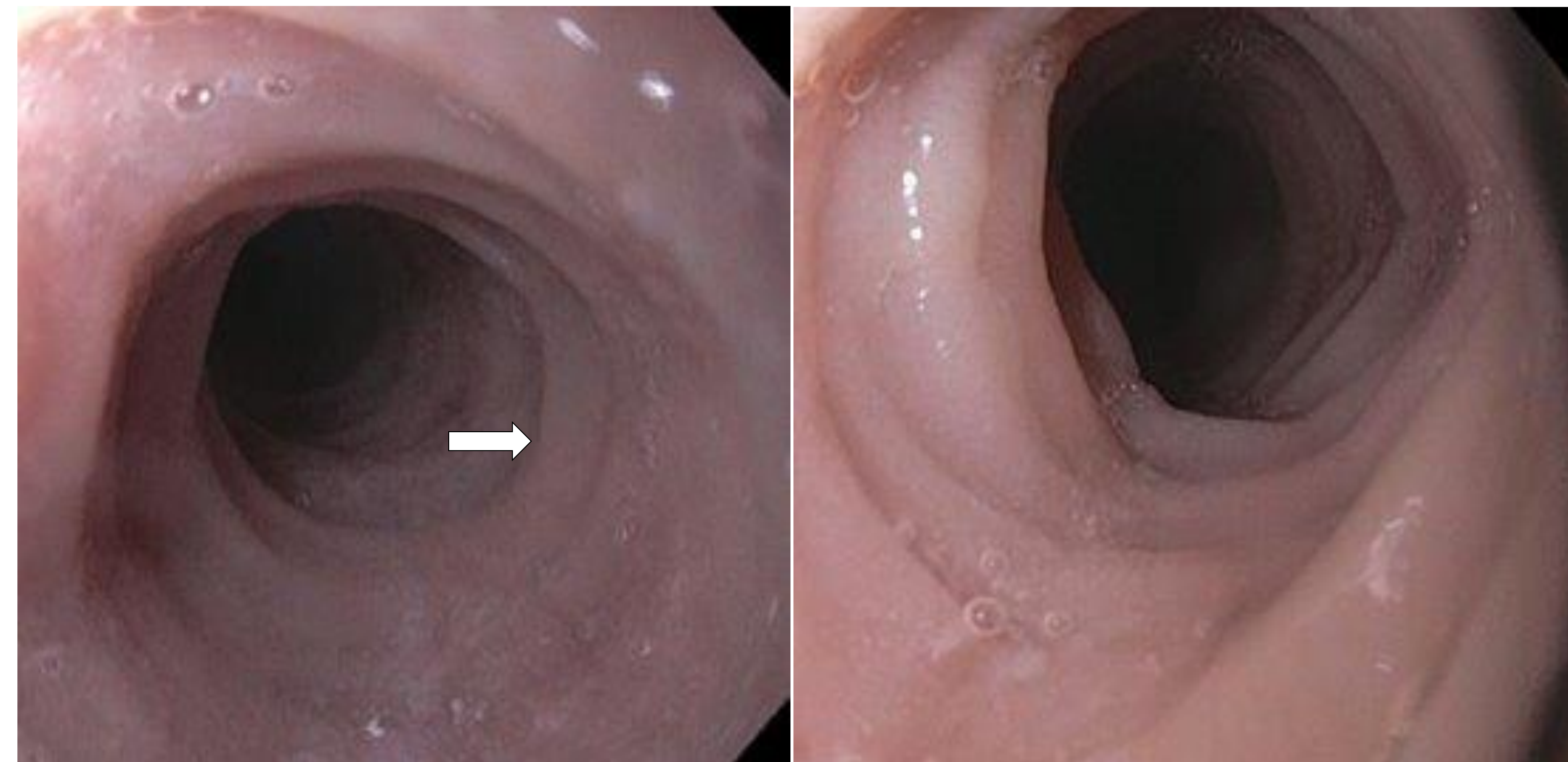


Figure: Esophagogastroduodenoscopy showing linear furrows (white arrow) with stacked circular rings (trachealization of the esophagus).

### Discussion

- Once considered rare, EoE is now a well-known entity, with an estimated prevalence of 51.6/100000 in the US.
- Variability and deviations from standard therapy continues to persist among gastroenterologists.
- According to a cross-sectional online survey conducted in 2020 among 240 gastroenterologists in the USA using Qualtrics, which was dispersed through the North Carolina Society of Gastroenterology (NCSG) and the American College of Gastroenterology member only 24 % were “very familiar” with the EoE guidelines and only 12 % followed EoE guidelines in their clinical practice.
- The current case underscores the need to standardize clinical practice related to the care of patients with EoE to provide quality and evidence-based care and improve overall outcomes.

### References

- 1 Furuta GT, Katzka DA. Eosinophilic Esophagitis. N Engl J Med. 2015;373(17):1640- 1648.
- 2 Dellon ES, Liacouras CA, Molina-Infante J, et al. Updated International Consensus Diagnostic Criteria for Eosinophilic Esophagitis: Proceedings of the AGREE Conference. Gastroenterology. 2018;155(4):1022-1033.e10