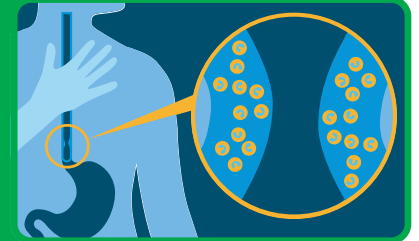


# WHAT AN EoE DIAGNOSIS MEANS FOR YOUR CHILD AND FAMILY

## EOSINOPHILIC ESOPHAGITIS (EOE): “EE-UH-SIN-UH-FILL-ICK EE-SOF-UH-JY-TUS”

Eosinophils are a type of white blood cell that can be found within the gastrointestinal (GI) tract but should not be found within the esophagus. The esophagus is the tube that runs from your mouth to your stomach. When large amounts of eosinophils are present in the esophagus, inflammation and damage to the lining of the esophagus can occur.



## COMMON SYMPTOMS OF EoE

	INFANTS	CHILDREN	TEENAGERS
Irritability	x		
Slow weight gain/growth	x	x	
Feeding difficulties	x	x	
Refusing/restricting certain foods	x	x	x
Vomiting	x	x	x
Reflux		x	x
Stomach pain		x	x
Chest pain			x
Difficulty swallowing food/liquid			x
Over chewing food			x
Cutting food into very small pieces			x
Food gets stuck easily in throat			x

**The causes of EoE are not well understood but food and/or environmental allergens are often involved.** Management options may include medicines and/or dietary changes. Each child is different so it's important to work closely with your child's healthcare team to help determine the best management strategy. Your child's healthcare team may include a gastroenterologist, allergist and/or dietitian.

## FINDING FOOD ALLERGENS ON THE FOOD LABEL

Top allergens are identified on food products regulated by the Food and Drug Administration (FDA)

### Food allergens can be found on the label in one of two places:

- In the list of ingredients, the food source containing the allergen is followed by the common food allergen name
- Near or after the list of ingredients, there may be a section that displays the major food allergens following the word “Contains”

**Ingredients:** Apples, Pie crust [flour (wheat), shortening, liquid albumen (egg), salt], Sugar, Flour, Lemon juice, Whole milk, Cinnamon.

**Ingredients:** Apples, Pie crust [flour, shortening, liquid albumen, salt], Sugar, Flour, Lemon juice, Whole milk, Cinnamon.  
**Contains:** Wheat, Egg, Milk.

**Precautionary allergen labels or “may contain” statements are voluntary, not mandated by law. Your healthcare team can help you and your child learn how to read food labels and identify allergen-free menu items.**

# MANAGING EOSINOPHILIC ESOPHAGITIS

EoE symptoms may be triggered by allergies to food, so your healthcare team may recommend a food elimination diet and identify foods your child should avoid. It may be helpful to work with a dietitian to ensure your child is maintaining a healthy and balanced diet.

## TYPES OF ELIMINATION DIETS

### REMOVAL OF TOP ALLERGENS:

This diet is often prescribed without allergy testing and involves avoiding major food allergens. Your doctor may ask you to remove one, four, or six potential allergens (milk, wheat, egg, soy, peanuts/tree nuts, fish/shellfish) to understand what might be causing the allergic reaction.

### REMOVAL OF FOODS BASED ON ALLERGY TESTING:

Your child's doctor may conduct food allergy testing to help determine specific foods to remove from your child's diet. These tests may include skin prick and/or blood tests.

### AMINO ACID-BASED FORMULA DIET:

This dietary therapy includes the use of a nutritionally complete, specialty formula as the main source of nutrition. This is typically recommended if other therapies are not successful. This option may require placement of a feeding tube.

Once a food elimination diet has been followed for a period of time, your child's doctor will determine if it is appropriate to start adding foods back into the diet and if additional testing is necessary.

## DEVELOP A PLAN

### DEVELOP A FOOD ALLERGY EMERGENCY ACTION PLAN WITH YOUR HEALTHCARE TEAM

- » Identify the food(s) your child needs to avoid
- » List symptoms that may happen if your child is exposed to a food on the list
- » Provide the steps to take if an allergic reaction occurs
- » Educate caregivers (i.e. day care and school personnel, baby sitters, relatives) on how to manage your child's food allergies

## EVALUATE NON-FOOD ITEMS

### NON-FOOD ITEMS COULD POTENTIALLY CAUSE AN ALLERGIC REACTION

- » Pet foods
- » Stuffed animals
- » Craft paste/glue
- » Finger paint
- » Play "dough"
- » Crayons
- » Mouth-blown musical instruments



## TIPS FOR DINING OUT

### EATING IN A RESTAURANT CAN BE AN ENJOYABLE AND SAFE EXPERIENCE WHEN APPROPRIATE MEASURES HAVE BEEN TAKEN

- Seek out restaurant recommendations from your medical team or from families who are also managing food allergies
- Many restaurants publish menus and allergen information online so you can see if there are safe food items available
- Call ahead and speak to a manager about your child's food allergies to see if the restaurant can prepare the food safely

## ADDITIONAL RESOURCES

- American Partnership for Eosinophilic Disorders (APFED): [apfed.org](http://apfed.org)
- Cured Foundation: [curedfoundation.org](http://curedfoundation.org)
- Kids with Food Allergies: [kidswithfoodallergies.org](http://kidswithfoodallergies.org)



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