A 26-year-old male with no significant past medical history presents to the clinic with 3 months of intermittent dysphagia to solid food that is progressively worsening. He undergoes an EGD which shows findings including “ringed appearance of the esophagus with linear furrows.” Biopsies from the esophagus reveal 20 and 22 eosinophils per hpf in the proximal esophagus and distal esophagus respectively.

What is the next best step in the management of this patient?

A. 6-food elimination diet  
B. PPI for 2 months  
C. Swallowed budesonide or fluticasone  
D. Referral to allergy/immunology

Answer: B
Proton-pump inhibitor esophageal eosinophilia (PPI-REE) should be diagnosed when patients have esophageal symptoms and histologic findings of esophageal eosinophilia, but demonstrate symptomatic and histologic response to proton-pump inhibition. At this time, the entity is considered distinct from EoE. To exclude PPI-REE, patients with suspected EoE should be given a 2-month course of a PPI followed by endoscopy with biopsies.