

Question 13 – Week of September 27

A 35 year old male presents with a history of intermittent dysphagia to solids for the last five years. Two years ago he was treated in the emergency room for a food impaction, which passed spontaneously. He continues to suffer from dysphagia he under goes an endoscopy, which shows multiple rings and felinezation:

Which of the following therapies should be considered for this patient?

- A. Proton pump inhibitors
- B. Topical steroids
- C. Esophageal dilation
- D. Elimination diet
- E. All of the above

Answer: E

Eosinophilic esophagitis (EE) should be considered in patients presenting with dysphagia and food impaction. The endoscopic image demonstrates a “feline esophagus”, with concentric rings characteristic of EE. If biopsy is diagnostic, topical steroids (fluticasone) have shown to improvement symptoms -- often within several days. Esophageal dilation may be needed for strictures or rings, but should be done after a course of topical steroids to decrease the risk of perforation. EE is thought by some to be an allergic disorder and patients are often sent to an allergist to identify food or environmental sensitivities. Proton pump inhibitors (PPIs) are used in patients suspected to have reflux and there have been patients who have clinical improvement with PPIs alone.