

### Question 21 – December 23

A 40 year old male with history of asthma and eczema presents to clinic with progressive dysphagia. An EGD with esophageal biopsies shows 25 eosinophils per HPF.

Question 1: Which of the following does NOT support the diagnosis of eosinophilic esophagitis?

- A. Repeat EGD after 2 months on PPI shows 30 eosinophils per HPF
- B. CBC shows normal counts and differential
- C. Resolution of symptoms on 8 weeks PPI
- D. No evidence of pathologic reflux on 24 hr pH study
- E. Resolution of symptoms with oral budesonide slurry

Question 2: If eosinophilic esophagitis is confirmed, which of the following dietary exclusions are most likely to be effective for treatment?

- A. Nuts, Milk
- B. Seafood, Egg
- C. Wheat, Milk
- D. Wheat, Soy
- E. Wheat, Nuts

**Answer: C, C**

Resolution of symptoms on 8 weeks PPI would indicate either GERD or PPI-REE (PPI – Responsive eosinophilic Esophagitis). A recent study has shown that elimination of wheat and milk products was effective.

#### References:

1. Dellon ES. Diagnosis and Management of Eosinophilic Esophagitis. *Clinical Gastroenterology & Hepatology*. 2012; October 10(10): 1066-1078.
2. Gonsalves *et al*. Elimination diet effectively treats eosinophilic esophagitis in adults; Food reintroduction identifies causative factors. *Gastroenterology*. 2012; 142:1451-1459