

Question 9 – September 29

A 34 year old man with intermittent dysphagia and heart burn was seen in clinic. His EGD revealed longitudinal furrows and multiple concentric rings. Esophageal biopsies revealed 20 eosinophils/HPF. What is the next step?

- A. PPI
- B. SFED (six food elimination diet)
- C. Swallowed Fluticasone
- D. Montekelast

Answer: A

All patients diagnosed with eosinophilic esophagitis should be given a trial of PPIs for 2 months. After that, if there is no improvement, treatment is based on endoscopic phenotype (inflammatory versus fibrostenotic disease).

Reference:

1. Eosinophilic Esophagitis in Adults: an Update in Medical Management. Current Gastroenterol Rep 2013; 15; 324