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The **EsophaCREW**TM presents

EOSINOPHILIC ESOPHAGITIS (EoE) A HELPFUL GUIDE

*Trouble swallowing
again?*

*Maybe I
should see
a doctor...*



Dramatization of symptoms

TROUBLE SWALLOWING? IT COULD BE EoE



Dramatization of symptoms

WHAT IS EoE?

EoE is a chronic recurring inflammatory disease. It can cause your esophagus to narrow. Sometimes people don't even realize they have EoE. So the sooner you can recognize the symptoms, the sooner you can talk to your doctor about them. EoE symptoms include:

- Difficulty or painful swallowing (dysphagia)
- Food getting stuck in the esophagus
- Feeling like you're choking
- Swallowed food coming back up
- Avoiding certain foods
- Heartburn that doesn't respond to medicine
- Nausea or vomiting
- Abdominal or chest pain

What causes EoE?

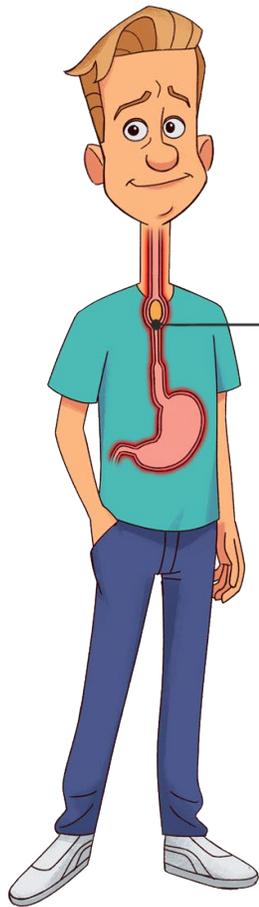
While researchers aren't exactly sure what causes EoE, they think it can be triggered by food and/or other allergens like dust, pollen, and mold. They've also found an increased risk of EoE among family members.

Don't mistake EoE for a typical allergy

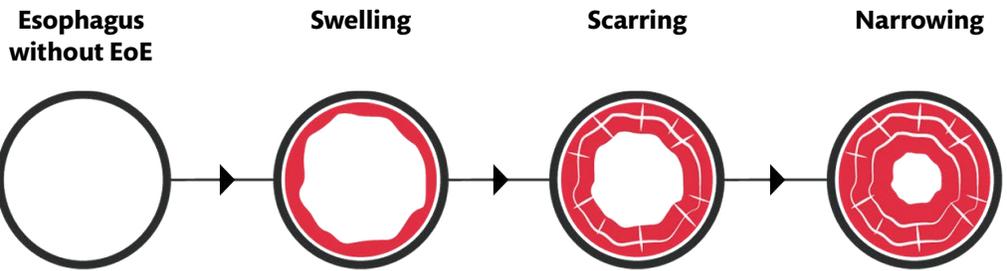
EoE can be mistaken for a common allergy, like one to pollen or peanuts. But with those allergies, your symptoms—such as sneezing or hives—usually happen right away. With EoE, however, symptoms can be delayed for days. This can make it harder to know what's triggering the inflammation that's causing your symptoms.

WHAT HAPPENS WHEN YOU HAVE EoE?

The immune system in your esophagus responds to allergens with a buildup of white blood cells called eosinophils. This can lead to swelling and chronic inflammation that can damage your esophagus and cause scarring. This scarring can cause your esophagus to narrow and can lead to EoE symptoms like food getting stuck, painful or difficulty swallowing, and heartburn.



What can happen to your esophagus when EoE goes untreated:



EoE symptoms can come and go, but the inflammation stays

Even when you're not having trouble swallowing, the chronic recurring inflammation may still be there. Over time, this inflammation can damage your esophagus and lead to physical changes that can make your EoE symptoms even worse.

*Did You Know?
EoE affects people
of all ages
and ethnicities.*



THE FIRST STEP TO MANAGING EoE? KNOWING YOU HAVE IT

THE DOCTORS WHO HELP WITH EoE

Because the symptoms are so similar, EoE is often mistaken for more common conditions like food allergies, dermatitis, asthma, and heartburn. But EoE is a different medical condition that needs to be treated differently. This means different doctors working together to test for, confirm, and help you manage your EoE.

Primary Care Physician

This is your regular doctor. They'll review your medical history and can refer you to EoE specialists like gastroenterologists, allergists, and immunologists.

Allergists and Immunologists

They can run tests to see if you're having an allergic reaction to certain foods or substances and figure out what triggers you need to avoid.

Gastroenterologists

They specialize in conditions of the digestive tract. They can order specific tests, such as an endoscopy, to find out if you actually have EoE. It's important that your gastroenterologist and allergist work together to help you manage your EoE.



Did You Know?
Many people with EoE also have allergies, dermatitis, asthma, and heartburn.

HOW YOUR GASTROENTEROLOGIST WILL CHECK FOR EoE

Your gastroenterologist can do an **endoscopy** to check for EoE. This involves using a thin, flexible tube with a light and camera at the end to see if your esophagus either looks healthy, or if it's swollen and damaged with scarring.

Depending on what they see, they may take a small **tissue sample** to determine how many eosinophils (a type of white blood cell) you have in your esophagus. People with 15 or more eosinophils per high-powered field* following endoscopic biopsy may be considered for an EoE diagnosis.

*The high-power field is the area of a slide visible under the high magnification system of a microscope.

HOW YOUR ALLERGIST WILL CHECK FOR EoE-RELATED ALLERGENS

Allergists may test to see if you're sensitive to certain allergens that play a role in causing EoE. One test is called a **serum-specific immune assay**. This is a blood test that shows if you have high amounts of antibodies in your blood (which is what happens when your body overreacts to allergens). Another test is a **skin prick test**. This involves pricking your skin with small amounts of different allergens. If any swelling or redness forms at any of the sites, it means those allergens triggered your immune system and you're allergic to them.

The sooner you talk to your doctor and figure out if you have EoE, the sooner you can start managing it.

Did You Know?

In a clinical study, almost 25% of patients who reported having trouble swallowing were diagnosed with EoE.



THINKING IT COULD BE EoE?

ASK YOURSELF THESE QUESTIONS

The more your doctors know about your symptoms, the better they'll be able to figure out if what you're experiencing is caused by EoE. One way to be sure you're sharing everything you should is by using a checklist when talking to your doctor.

Have you experienced any of these symptoms?

- Difficulty or painful swallowing (dysphagia)
- Food getting stuck in the esophagus
- Feeling like you're choking
- Swallowed food coming back up
- Avoiding certain foods
- Heartburn that doesn't respond to medicine
- Nausea or vomiting
- Abdominal or chest pain

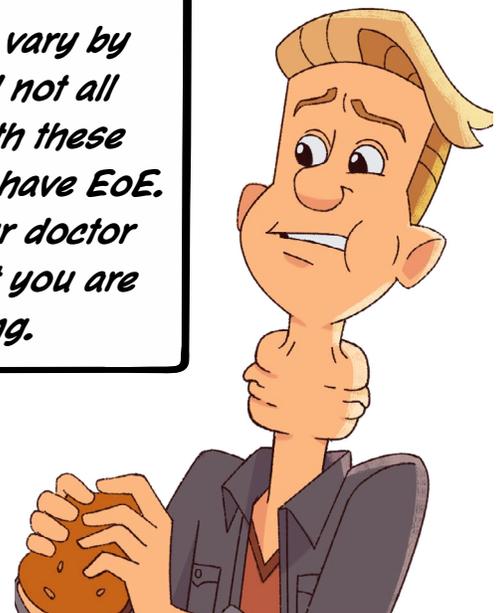
Have you had issues swallowing any of these foods?

- Breads and dry foods (buns, pasta, donuts)
- Fried foods (French fries)
- Creamy foods (yogurt, smoothies, cream sauces)
- Acidic foods (berries, citrus, red sauces, vinegar, chocolate)
- Acidic drinks (soda, alcohol)
- Spicy foods
- Processed meat
- Foods with small pieces (rice, corn)

Which of these food hacks or workarounds have you tried as a way to deal with your symptoms? (Choose all that apply.)

- Chewing your food excessively
- Using a lot of water to wash food down
- Taking a drink after every bite
- Eating extra slowly
- Cutting your food into small pieces
- Avoiding foods that might be hard to swallow
- Using extra sauces and condiments to help food slide down

Remember
Symptoms vary by patient and not all patients with these symptoms have EoE. Talk to your doctor about what you are experiencing.



Dramatization of symptoms

YOU DON'T HAVE TO GO THROUGH THIS ALONE

When it comes to dealing with EoE, talking to others who know what you're going through can really help. Some great online resources for making meaningful connections with people in the EoE community are:

American Partnership for Eosinophilic Disorders (APFED)

APFED educates, advocates, advances research, and connects patients for peer support. Visit [APFED.org](https://www.apfed.org) to learn more.

Campaign Urging Research for Eosinophilic Disease (CURED)

CURED is committed to raising awareness of, and funding for, EoE research. Visit [CUREDfoundation.org](https://www.curedfoundation.org).

*Find information at
EoEcare.com*

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