

Outcome in children with Eosinophilic Esophagitis treated with empiric elimination

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Background

- Dietary treatment is recommended as first line treatment of EoE
- Empiric elimination diets (EED) are effective in inducing histological remission in 75-50% of children with EoE.
- Long term outcomes in children treated with EED are not well known

Objectives

- To determine the long-term outcomes in children treated with EED

Methods

- Included in this retrospective review, from 2002 till 2018, were only children with EoE in whom histological remission (eos <15/hpf) after treatment with EED
- Diagnosis of EoE was based on consensus recommendations

Outcomes Data

- 101 children (male 75%, Caucasian 81%, mean age 8.3 years) were included in this analysis
- 72% patients are continuing EED therapy
- 8% of patients reintroduced all foods and are in histologic remission on an unrestricted diet
- 20% patients transitioned to steroid therapy

Conclusion

- Empiric elimination diet treatment (EED) is an effective modality for currently identifying incriminating food antigen
- EED is an effective modality to maintaining disease remission.
- 1 /4 of patients on EED found it difficult to maintain remission by continuing diet therapy and changed to steroid therapy.

Questions? sschwartz@luriechildrens.org

Results

Responders to elimination diet grouped by diet therapy type

