

Treatment response of Elimination Diet Therapy for Pediatric patients with Eosinophilic Esophagitis: does age matter?

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Background

Elimination diet therapy (EDT) induces remission in more than 75% of children with eosinophilic esophagitis (EoE).

Correlation between patients' ages and elimination diets is unknown.

Objective

To determine if pediatric ages are associated with response to EDT

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 EDT)

Diagnosis of EoE was based on consensus recommendations

Patients were treated with elimination diets including:

Multiple food elimination diets (MFED):

6FED: Six food elimination diet (milk, soy, egg, wheat, peanut/ treenut, fish/shellfish)

4FED: four food elimination diet (milk, soy, egg, wheat)

Single food elimination diet: 1FED (milk)

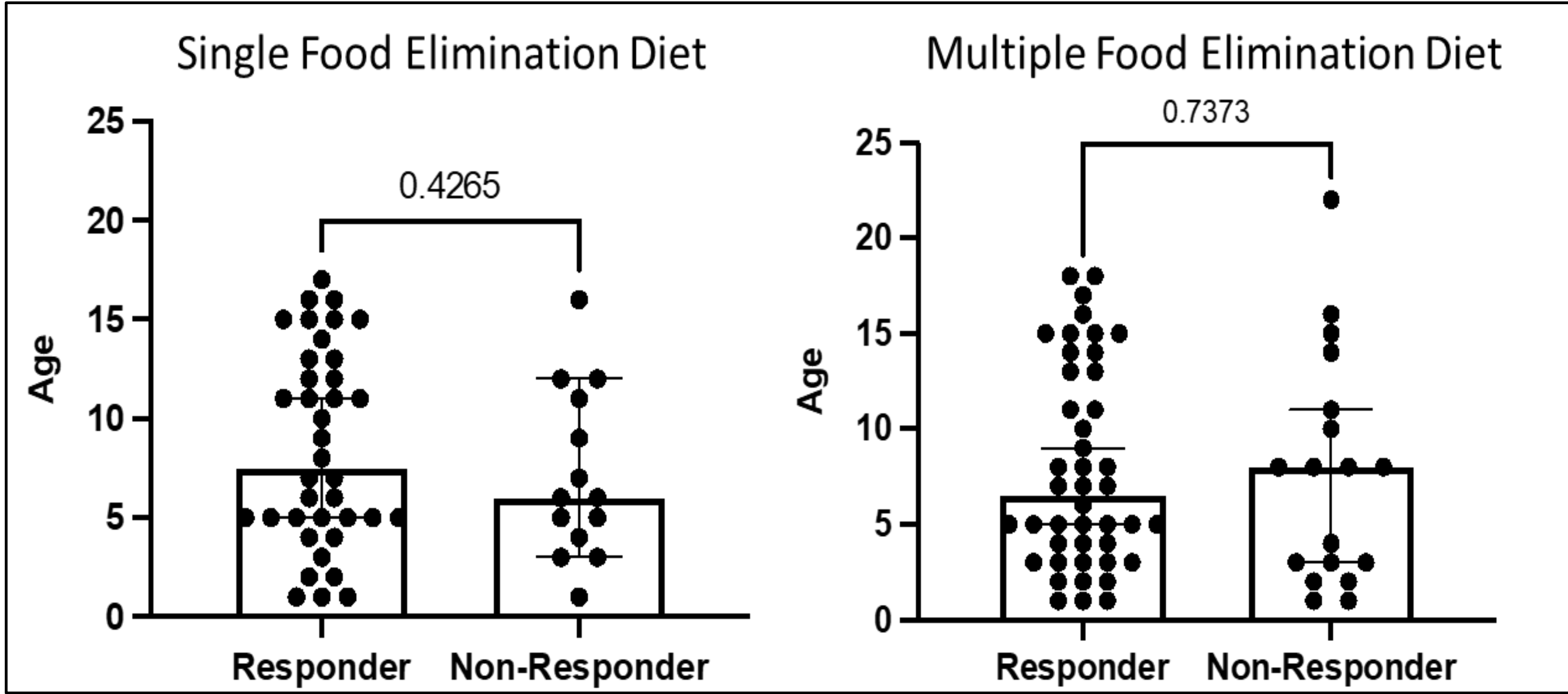
Analysis utilized Test Fisher's exact two-sided test to evaluate statistical significance for patients who responded to EDT.

Results



Patient Characteristics N=114

Median age [range]	7 [1-22]
Sex	
Male	85 (75%)
Female	29 (25%)
Empiric Elimination	
Single food	52 (64%)
Multiple foods	62 (54%)
Atopic history	
Asthma	39 (34%)
Eczema	21 (18%)
Allergic Rhinitis	46 (40%)
Ige-mediated food allergy	48 (42%)



Conclusions

Pediatric patients of all ages respond to EDT

There is no association between age and response treatment

Our findings suggest the EDT can be effective treatment for EoE regardless of age.