

COULD IT BE EOE? THE SIGNS AND SYMPTOMS

Eosinophilic oesophagitis (EoE) is a chronic and progressive disease that can occur at any age.¹ EoE is caused by an underlying inflammation, which can damage the oesophagus (the tube that takes food from your mouth to your stomach).

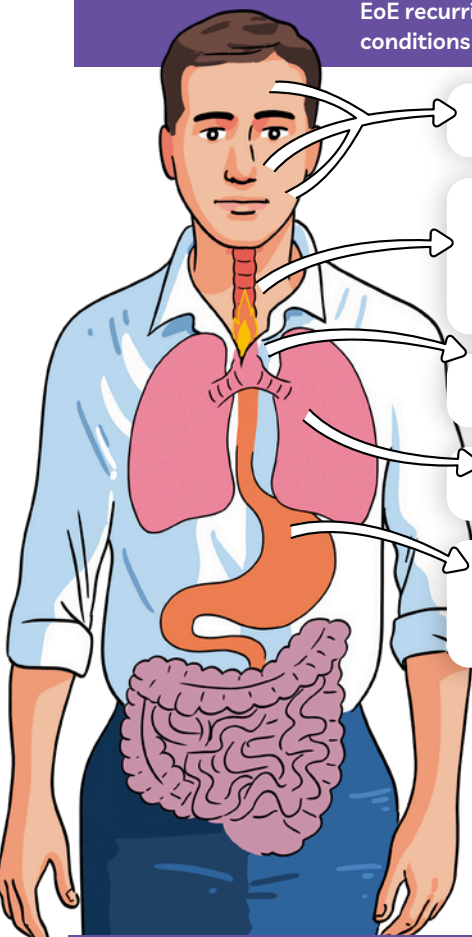
Often linked with a personal or family history of allergy-related conditions, its symptoms vary widely and can affect the entire body. People can experience one, some, or all EoE symptoms, which may vary depending on age. As EoE is a silent condition, understanding behaviours that help people with EoE cope with symptoms (both consciously and unconsciously) is important.

This guide will help you better understand the possible associated symptoms of EoE and common coping mechanisms to look out for.

EoE recurring symptoms and associated conditions vary in each person:

In responses to EoE-associated symptoms, people may display these signs and eating behaviours as coping mechanisms:

Living with EoE has an impact on daily life:



Headaches, a runny or blocked nose (allergic rhinitis)²

Feeling like there is a **lump in your throat** when there is nothing there, getting **food stuck in your throat**, and experiencing **pain and difficulty when swallowing**^{2,3}

Chest pain, ranging from mild tightness to severe³

Persistent **cough, tight chest, wheezing**, and/or asthma²

Reflux or food regurgitation, **vomiting, nausea, stomach pain** and a burning sensation or coughing when eating or lying down (heartburn)^{2,3}

Allergic-related conditions like **food allergies** and **dry itchy skin** (eczema)²

Joint pain affecting flexibility, or experiencing some form of connective tissue diseases¹

Must avoid contact with allergic triggers like certain types of food, animals, dust, moulds, or pollen^{1,5}

Cutting food into small pieces⁶

Drinking a lot of liquid or using extra sauces when eating to help food go down⁶

Eating extra slowly or regularly taking longer to eat than others⁶

Avoiding pills and foods with a certain texture, activities that involve food, or **substituting solids** with blended or pureed foods^{3,6}

Chewing food excessively⁶

Feelings of **anxiety, frustration, concern** or depression^{3,7}

Avoiding social activities with others, especially when food is involved^{3,7}

Needing to **reduce working hours** or to **stop working entirely**^{3,7}

Feeling fatigued or tired³

Not gaining weight as expected or **losing weight** which may lead to malnutrition³

The symptoms and coping mechanisms of EoE can look a little different in children and adolescents.

Selective or "picky" eating⁶

Trouble sleeping³

Missing school days⁷

Not gaining weight as expected, losing weight and potentially **failing to thrive** or malnutrition³

Stomach aches, and sometimes, **regurgitating food** or **vomiting**³

If you notice any of these signs, symptoms or behaviours, talk to your doctor about EoE. Find additional information and support at ausee.org

ausee.org

For more information **Scan here**



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