



News guidelines for the management of eosinophilic esophagitis

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Abstract

Objective

Eosinophilic esophagitis is a chronic disease of the esophagus, immunologically mediated, characterized clinically by symptoms related to esophageal dysfunction, and histologically by predominantly eosinophilic inflammation, the role of allergens being very important in triggering this condition. The esophagus is an immunologically active organ, capable of recruiting eosinophils in response to various stimuli.

Methods

Eosinophilic esophagitis has been reported in several countries except Africa, with an increased incidence in men between 20 and 30 years old and people living in urban areas. This disorder is associated with other conditions, the most important being gastroesophageal reflux disease (GERD).

Results

From paraclinical investigations the point of view, patients have a peripheral eosinophilia, and the diagnostic certainty is realized by performing superior endoscopy with biopsy. The recommended treatment has 3 stages, namely diet, drug therapy (such as fluticasone propionate, budesonide and proton-pump inhibitors) and investigations such as upper endoscopy.

Conclusion

The presentation aims to highlight recent recommendations of international guidelines for the management of eosinophilic esophagitis, reviewing the clinical manifestations, the genetics, immunopathogenesis, diagnosis and treatment.

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