

## A prospective study of Eosinophilic Esophagitis (EE) from a tertiary care referral hospital

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### Abstract

#### *Background and Objectives*

Eosinophilic Esophagitis is a disorder whose incidence has been reported to be on the rise in the west. There is an overlap between symptoms of GERD and EE but the treatments for these differ markedly. Moreover, EE is associated with atopy. So this study was designed to estimate its prevalence in a selected group of patients who presented with the symptoms consistent with EE. These symptoms were evaluated with the following objectives: To assess if EE could be responsible for some of the cases of chronic cough of unexplained etiology. To assess what proportion of GERD patients has evidence of underlying EE.

### Methods

Fifty patients, both male and female, aged between 18 - 60 years with symptoms consistent with EE and those with presumed GERD, that is refractory to high - dose proton pump inhibitor therapy, were included in the study. Their absolute eosinophilic count (AEC) was evaluated and endoscopy and endoscopy - guided biopsy was carried out in all the subjects. During endoscopy, certain information was noted with respect to anatomical position of GEJ, any evidence of hiatus hernia or any evidence of distal esophagitis. Multiple endoscopic biopsies were obtained from both proximal and distal esophagus in both normal and abnormal

appearing areas. EO gastroenteritis may mimic EE thus obtaining biopsies from stomach and duodenum was also considered to rule out the former.

### Observation

Out of the 23 females and 27 males evaluated in the study, most patients had normal position of GE junction. 10% patients had eosinophil count above 3% and 26% had 3% Eos but none showed characteristic features of eosinophilic esophagitis on endoscopy or on biopsy. No EOs were noted in the esophageal mucosa on biopsy. Though some minor pathologic changes were seen. In the biopsy findings of these 50 patients, 40% suffered from non-specific esophagitis, 32% from reflux esophagitis, 16% from acute chronic gastritis and 12% had other disorders like ulceration and malignancy. No patient was found to be positive for EE. Thus patients were continued to be treated with PPIs. And steroids were not introduced, which is the specific treatment for EE. They were counseled to adhere to the treatment and come for follow up.

### Conclusion

This was a short term pilot project. A rare entity like EE needs to be evaluated in a very large population to completely rule out its existence. So here, it can be concluded that there was no prevalence of EE among the patients screened. There is a paucity of research work in India on this disease. Thus, research should be carried out to know its prevalence in Indian population and to assess if it is worth spending time in evaluating patients for EE in a tertiary care centre which deals with a large number of patients per day.