

DIFFICULTY
SWALLOWING?

IT COULD BE EOE

Learn more
about Eosinophilic
Esophagitis
(EoE)



WHAT IS EoE, ANYWAY?

EoE (Eosinophilic Esophagitis) is a chronic, progressive disease that happens when inflammation causes damage to your esophagus over time. It can make food get stuck in your esophagus (impaction) and make swallowing food difficult (dysphagia). EoE can make it feel like you have no control over what or when you can eat.

What causes EoE?

While the cause of EoE is unknown, it's thought that foods and/or inhaled allergens are potential triggers. It is known that a certain kind of inflammation, known as Type 2 Inflammation, can cause EoE symptoms. And it's possible that EoE can run in the family.



How the esophagus changes



Normal esophagus



Inflammation builds up



As inflammation and scarring build up, the opening may progressively narrow

Who can get EoE?

People of any age can have EoE, including teens and adults. Adults may have had EoE since childhood, while others develop symptoms later in life.



What are the signs and symptoms of EoE?

Symptoms of EoE vary and can differ depending on age.

- Teens could have trouble swallowing, may vomit, or have abdominal pain
- Adults have more difficulty swallowing as the esophagus narrows, causing impaction

EoE can affect people in different ways.

The most common symptoms in adults and teens are:

- Difficulty swallowing
- Feeling of food being stuck
- Heartburn and/or chest pain



**EoE CAN MAKE
FOOD HARD TO
SWALLOW**



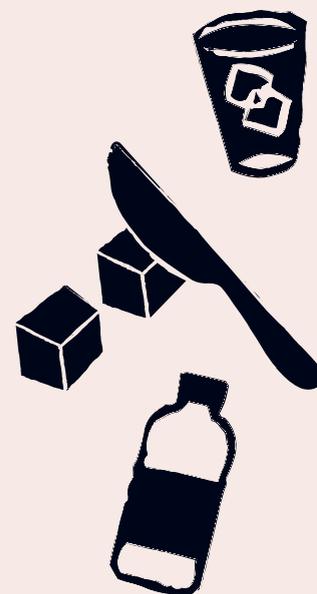
COPING WITH EoE ISN'T EASY

**EoE can make
mealtime difficult
by making the
simple act of eating
unpredictable.**



Here are some ways people try to cope with their EoE symptoms:

- Cutting food into small bits
- Mixing food with sauces, gravy, or liquids
- Drinking a lot of liquid to help food go down
- Chewing for a very long time
- Avoiding sticky or dense foods
- Avoiding food-oriented events
- Eating at home before going to food-oriented events



What makes EoE different from food allergies or gastroesophageal reflux disease (GERD)?

While EoE symptoms are often mistaken for a food allergy, allergic reactions to food happen immediately. **With EoE, the symptoms are delayed and develop over time.**

GERD and EoE may have similar symptoms, but they're different conditions. **EoE needs to be managed differently than GERD.**

EoE is also a progressive disease, which means it can continue to damage the esophagus over time.

How to confirm if you have EoE.

Tell your doctor about your struggles to swallow food and other symptoms you're experiencing. If they think you could have EoE, you'll be referred to a gastroenterologist, a doctor who specializes in digestive issues.

Your gastroenterologist will do an exam to see what's going on in your esophagus. To do this, they insert a flexible tube down your throat with a tiny camera on the end to look around. This test is called an endoscopy. They'll also take tissue samples. The test results will confirm if it's EoE or not.



WHY EOE
ISN'T LIKE A
FOOD ALLERGY



THINK YOU MAY HAVE EOE?



Answer these questions to have a productive conversation with your doctor.

Have you recently had trouble swallowing food?

- Yes No

If you've had trouble swallowing food this week, how many times?

- Less than 2 3 to 5 More than 5

Has this condition affected your daily life, especially when it comes to eating?

- Yes No

Do you avoid eating in social settings?

- Yes No

Are you taking any medication to try to manage your symptoms?

- Yes No

If yes, what are you taking?

How do you try to manage your symptoms? Check all that apply.

- I cut food into small pieces
- I chew for a long time
- I take a long time eating a meal
- I avoid hard, sticky, or dense foods because they are too hard to eat
- I eat before going to events where food will be served
- I avoid taking medicine that's a pill or a tablet
- I avoid certain food categories (e.g., dairy, wheat, eggs, soy)
- Other _____

Add your own notes here. _____

TALK TO YOUR DOCTOR ABOUT YOUR EoE SYMPTOMS

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