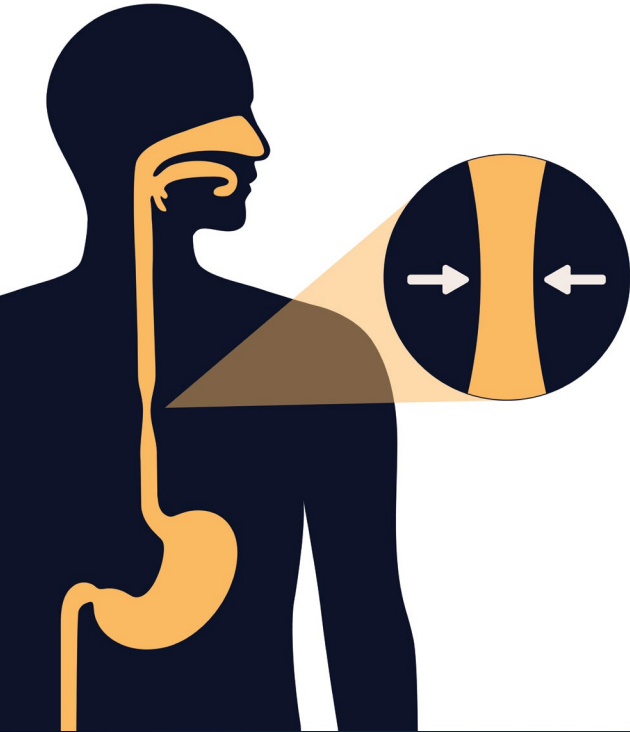


TROUBLE SWALLOWING? IT COULD BE EoE

If you are dealing with symptoms like difficulty swallowing (dysphagia), you may have a condition called eosinophilic esophagitis (EoE). **Using this guide to track your symptoms** may help your doctor understand what you're living with so you can build a plan together.



GET THE FACTS ABOUT EoE

EoE (Eosinophilic Esophagitis) is a chronic, progressive disease that happens when inflammation causes damage to your esophagus over time. In turn, this may cause symptoms like difficulty swallowing, chest pain or heartburn, food getting stuck in your esophagus, and the urge to cough or vomit.

EoE is often mistaken for other diseases, such as food allergies or gastroesophageal reflux disease (GERD), but these conditions need to be managed differently. That's why it's important to talk to your doctor about your symptoms so you can get an accurate diagnosis.

EoE AFFECTS ALL AGE GROUPS

Children, teens, and adults can all suffer from EoE. If you are a caregiver of someone who may have EoE, help them play an active role in managing their condition by filling out this symptom tracker together.

HOW DO YOU MANAGE YOUR SYMPTOMS?

If you've been living with these symptoms for a while, you may have developed a routine for dealing with them. Take a moment to think about how you've managed your symptoms, then answer the questions below.

Do you do any of the following things to make swallowing easier?

Check all that apply.

- Avoid certain foods
- Put foods into a blender
- None
- Other: _____
- Drink liquid when swallowing food
- Chew food for a long time

Do you take any medicines to try to manage your symptoms?

- Proton pump inhibitor (PPI)
- Swallowed topical corticosteroid
- Something else: _____
- I'm not taking any medicines

LEARN HOW TO TRACK YOUR SYMPTOMS

Before your next appointment, fill out the charts below. Once a week, reflect on your symptoms from the last 7 days. Note the week you are tracking your symptoms (difficulty swallowing, chest pain or heartburn, food getting stuck in your throat, coughing, or vomiting) at the top, then mark the box beneath it that best describes your symptoms. **Check out the example chart below.**

SYMPTOM SEVERITY	Week of: <i>02/24</i>	Week of: <i>03/03</i>	Week of: <i>03/10</i>	Week of: <i>03/17</i>	Week of: <i>03/24</i>	Week of: <i>03/31</i>
Very severe					✓	
Severe						✓
Moderate	✓		✓	✓		
Mild		✓				
No symptoms						

TRACK YOUR SYMPTOMS

DIFFICULTY SWALLOWING

Mark the box that best describes your level of **difficulty swallowing**:

LEVEL OF DIFFICULTY	Week of:	Week of:	Week of:	Week of:	Week of:	Week of:
Very difficult						
Difficult						
Moderate						
Mild						
None						

Additional Notes: _____

PAIN WHEN SWALLOWING

Mark the box that best describes your level of **pain when swallowing**:

LEVEL OF PAIN	Week of:	Week of:	Week of:	Week of:	Week of:	Week of:
Very severe						
Severe						
Moderate						
Mild						
None						

Additional Notes: _____

ACTIONS TO MAKE SWALLOWING EASIER

Mark the box that best describes how often you **modified your food** so it would be easier to eat. These changes may include cutting food into small pieces, adding sauces to your food, etc:

FREQUENCY OF CHANGES TO DIET	Week of:	Week of:	Week of:	Week of:	Week of:	Week of:
Very often						
Often						
Sometimes						
Rarely						
Never						

Additional Notes: _____

Have there been any changes to your symptoms as a result of modifying your food?

My symptoms have:

- Improved Stayed the same Become worse
 Other: _____

How have your symptoms impacted you emotionally?

Note anything else you'd like to discuss with your doctor:

ADVOCATING FOR YOURSELF

It's your body, so you know it best. Don't be afraid to speak up about your symptoms and advocate for yourself. A second opinion could be helpful. A physician who specializes in gastrointestinal symptoms (a gastroenterologist) may be a good option.



If you think you have eosinophilic esophagitis (EoE), talk to your healthcare provider. For help preparing for your appointment, check out this [discussion guide](#) by using your phone to scan the QR code.

For additional resources or to learn more about EoE, visit ThisIsEoE.com.