

Eosinophil Associated Disorders

FACT SHEET

A group of uncommon chronic illnesses, **eosinophil** (E-o-'si-n-o-'fil) **associated disorders**, are rapidly emerging as a healthcare problem worldwide. Yet, many patients suffering from these disorders go undiagnosed for years due to a lack of information or awareness of these diseases.

What is an Eosinophil?

- A type of white blood cell associated with allergies, parasites, and cancers

What are Eosinophil Associated Disorders?

- High numbers of eosinophils accumulate in body tissues causing inflammation and damage
- Classified by body tissue where eosinophils accumulate
- Diagnosed and monitored by tissue biopsies
- Chronic diseases requiring long term treatment, with no known cure
- Debilitating diseases leading to missed work, school, social outings
- Delays in diagnosis are common

Eosinophilic Esophagitis

- Causes inflammation and damage to the esophagus, affecting the ability to eat
- Estimated prevalence of more than 1 per 2000
- Increase in new cases (2 – 10 fold) over the past 10 years
- Patients may depend on steroids or medical nutrition therapy through a feeding tube

Eosinophilic Gastroenteritis (EGE), and Eosinophilic Gastritis (EG)

- Causes inflammation and damage to the stomach and/or small intestine, often misdiagnosed
- Estimated prevalence of EGE and EC combined is 1 per 3500
- Causes severe abdominal pain, forceful vomiting and/or diarrhea
- Treatment may involve a limited diet, feeding tube and/ or steroids

Eosinophilic Colitis (EC)

- Causes inflammation and damage to the large intestine (colon)
- Often misdiagnosed as Irritable Bowel Syndrome (IBD) or Crohn's disease
- Patients may require restricted diet therapy, elemental formula or chronic steroids

Hypereosinophilic Syndrome (HES)

- Diagnosed by very high numbers of eosinophils in the blood and tissue
- Causes potentially fatal damage to one or more organs in the body (heart, lungs, gut, skin)

Churg-Strauss Syndrome (CSS)

- Eosinophils cause damage to small to medium blood vessels (vasculitis)
- Patient may initially be diagnosed with severe asthma
- Causes potentially fatal lung, heart, brain or gastrointestinal damage
- Estimated to be 60-80 CSS cases/million asthmatics/year

What is the Role of APFED?

- 501(c)3 non-profit lay advocacy organization for those living with eosinophilic disorders
- Mission: Awareness, Education, Support and Research
- Raise funds for research through a peer-reviewed grant program

Symptoms of Eosinophilic Gastrointestinal Disorders (EGID) can vary depending on the part of the GI tract affected, and may include:

- Reflux that does not respond to usual therapy (which includes proton pump inhibitors, a medicine which stops acid production)
- Dysphasia (difficulty swallowing)
- Food impactions (food gets stuck in the esophagus)
- Anorexia (poor appetite)
- Nausea and Vomiting
- Diarrhea
- Blood in stool
- Failure to thrive (poor growth, malnutrition, or weight loss)
- Abdominal or chest pain
- Gastroparesis (delayed emptying of the stomach)
- Bloating
- Anemia
- Malnutrition
- Difficulty sleeping

To learn more about Eosinophilic Disorders, please visit:

www.apfed.org