

Dietary Treatment of Eosinophilic Oesophagitis (EOE)



MA TINĪ, MA MANO, KA RAPA TE WHAI - BY JOINING TOGETHER WE WILL SUCCEED

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Presentation Outline

- Review: Food avoidance strategies in eosinophilic oesophagitis, 2019 ⁽¹⁾
- Dr Vicky Mc Williams APD, PhD – Dietary Management of EOE. Webinar, Education in Nutrition ⁽³⁾
- Wellington - 6 Protein Elimination Diet (SFED)

Food avoidance strategies in EOE ⁽¹⁾

- Milk and Wheat most common triggers of EOE
- Six Food Elimination Diet most likely to achieve remission at subsequent endoscopy plus biopsy
- Symptoms do not correlate with oesophageal inflammation
- Endoscope + biopsy after each reintroduction

Dietary management of EOE ⁽³⁾

- Dietary exclusion phase 6-8 or more weeks
- Single food protein reintroduction for 6-12 weeks each followed by endoscopy and biopsy
- Biopsy result ≥ 15 eos/hpf, wait 6-12 weeks with no new reintroductions

Wellington protocol

- 6 Protein Elimination Diet (SFED)
- Exclude all dairy, wheat, soy, egg, peanut and tree nuts, 6-8 weeks.
- 2017 stopped excluding fish/seafood
- Legumes
- Oats

Subjective assessment of swallow

- 11 point Likert Scale
- Each appointment, subjective assessment of swallow
- End of 6-8 week initial exclusion phase, swallow improvement reported

Reintroductions

- Patient led
- 2 weeks, daily bolus of challenge protein
- No symptoms = pass, keep challenged protein in diet
- Symptoms = fail, stop challenge, exclude protein in diet completely
- Further 2 weeks no new introductions

Outcomes

- 2018, endoscopy with biopsy at completion of dietary reintroduction phase.
- 54 referrals, 6 years
 - 9 reintroduction phase, 3 elimination phase
 - 6 non completion reintroduction phase
 - 7 declined intervention
 - 5 other
 - 24 completed entire process

24 Completed

- 9 x allergic to a single protein
 - Milk, soy, egg, wheat, peanut or legumes
- 6 x allergic to 2 proteins
- 8 x allergic to 3 proteins
- 1 x allergic to 4 proteins

Proteins involved

- Wheat 30%
- Dairy 26%
- Egg 10%
- Soy 10%
- Peanut 10%
- Almonds 4%
- Hazelnuts 4%
- Cashew 4%
- Legumes 1%
- Oats 1%

What now?

- ? Is the current SFED undertaken with no endoscopy after the 6-8 week exclusion phase resulting in failed food reintroductions?
- ? Is longer than a 2 week time period of no new food introductions after a failed reintroduction tenable for patients?
- ? Do patients continue with the exclusion of allergens and for how long ?

References

1. Cianferoni A, Shuker M, Brown-Whitehorn T, et al. Food avoidance strategies in eosinophilic oesophagitis: review. *Clin Exp Allergy*. 2019;49:269-284.
2. Sellon ES, Gupta SK. A conceptual approach to understanding treatment response in Eosinophilic Esophagitis: narrative reviews. *Clin Gastroenterol Hepatol*. 2019;17: 2149-2160.
3. McWilliam V. Dietary Management of EOE. *Education in Nutrition*. Webinar. Nov 2019.