

Case presentation

EoE and Food Allergy

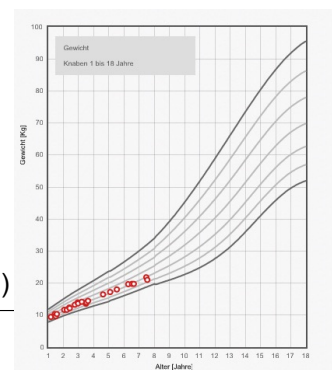
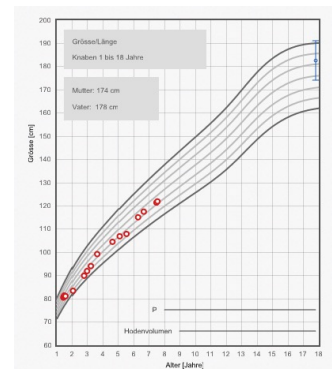
Rebecca Spillmann 24.01.2026

Das Spital der
Eleonorenstiftung

Results

Food Allergy with Type I Sensitizations	Unclear Reaction (IgE mediated vs EoE)
Almond Hazelnut Walnut Pumpkin seeds Peanut Chickpeas Pistachio Sesame Green beans Cashew Wheat Egg Milk	Lupine Chestnut Green peas & lentil Mix

Persisting EoE over time



11/25: mild persistent symptoms, no EoE remission (but OGD >6 m ago)

Eosinophilic Esophagitis (EoE) – Definition/Prevalence/Diagnostics

Definition: chronic immune-mediated inflammatory disease

Prevalence in children: ⁽¹⁾

- Global prevalence of 40 cases per 100,000 inhabitant (0.04%)
- Higher prevalence in high-income countries (0.12%)
- Highest risk with EoE or multiple IgE-mediated food allergies in family history (1.5-4.7%)

Diagnostics: ⁽²⁾

- Matching symptoms
- More than 15 eosinophils / hpf in 1 esophageal biopsy out of at least 6 biopsies (in min 2/3 of the esophagus)
- Exclusion of differential diagnoses

Eosinophilic Esophagitis Endoscopic Ref. Score (EREFS)

Calculation of the score:

- **E: Edema** (0,1)
- **R: Rings** (0,1,2,3)
- **E: Exsudates** (0,1,2)
- **F: Furrows** (0,1)
- **S: Strictures** (0,1)

