

Mayo Clinic Minute

What is EOE and why is it becoming more common?

| Video | Audio |
|-------|--|
| | Imagine food getting stuck in your esophagus all the time. |
| | “People live with that, but that’s not normal.” |
| | It’s called Eosinophilic Esophagitis, or EOE. |
| | According to Mayo Clinic’s Dr. Jeffrey Alexander, it affects roughly one in every 2,000 people...and is becoming more common. |
| | “It’s probably a little more than that. We’re seeing the prevalence is higher than we thought before. We see the incidence, the number of new cases discovered appears to be significantly increasing over the past 20 years.” |
| | Dr. Alexander leads a specialized clinic that researches and treats EOE at Mayo Clinic...and says the disease is actually an allergic reaction to certain kinds of food. |
| | “But over time, this disease can lead to scarring down of the esophagus, a narrowing of the esophagus. And then swallowing problems become more consistent.” |
| | As Dr. Alexander and his colleagues at Mayo Clinic work to find better treatments, the question remains why EOE is becoming more common. |
| | “We don’t know why. I would say allergic diseases as a whole are increasing in our society, and we don’t have a good explanation for why this is occurring other than that.” |
| | Dr. Alexander says doctors didn’t |

| | |
|--|--|
| | identify EOE until around 2000, and didn't start looking for it routinely in adults until around 2006. |
| | For anybody worried they might have EOE, Dr. Alexander recommends seeing a gastroenterologist. |
| | For the Mayo Clinic News Network, I'm Ian Roth. |