

## WHAT IS EE?

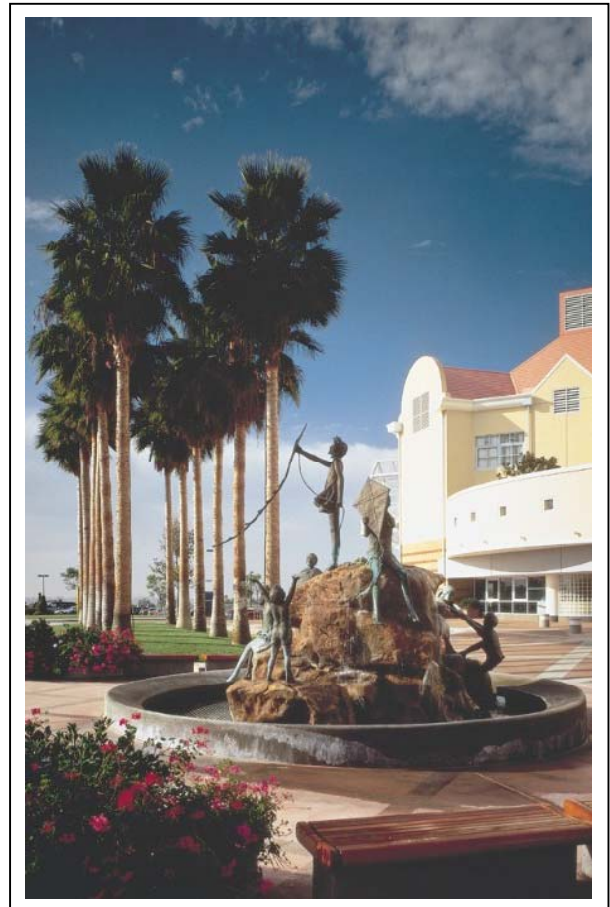
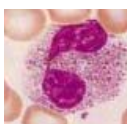
**Eosinophilic Esophagitis (EE)** is an inflammation (swelling) of the esophagus caused by allergy cells called eosinophils. In EE the entire length of the esophagus can become filled with eosinophils. This can lead to trouble swallowing, abdominal pain, vomiting, and, at times, an inability to eat enough food to grow properly. We think that EE is caused by allergies to foods and/or aeroallergens (allergens that are breathed in like pollens).

There are different treatments for EE. Steroids can be swallowed to locally treat the inflammation in the esophagus. Foods can be eliminated from the diet or formulas that have no food proteins (elemental formula) can be used instead of regular food. It is also important to control your other allergic problems like hay fever and/or asthma.

Current research on EE includes finding a way to test for it other than with endoscopy alone, new ways to identify allergens that cause EE, and new treatments for EE. We are involved in clinical trials and these opportunities will be offered to you/your child if it is appropriate.

For our current research and publications as well as a list of educational websites on EE, please visit:

<http://www.CSSD.us>



3020 CHILDREN'S WAY, MC 5114  
SAN DIEGO, CA 92123-4282

ALLERGY OFFICE: (858) 966-5961  
GASTROENTEROLOGY OFFICE: (858) 966-4003  
EGID CLINIC RN COORDINATOR (CARRIE ARII):  
858-966-1700 X-4214

### WHAT TO EXPECT AT THE VISIT

Evaluation at the Eosinophilic Gastrointestinal Disorders Clinic includes review of endoscopy with biopsy results, allergy testing, Allergy, Gastroenterology, and Nutrition consults, and institution of an integrated therapeutic care plan.

#### Endoscopy

Prior to being seen at the EGID clinic your child should have a biopsy that is positive for eosinophils. The biopsy could have been done here at Children's or at another facility.

If your biopsy was done at another facility we will accept a report from the pathologist or slides may be sent to our pathologists for evaluation.

### THE EGID TEAM

A team approach is the basis for the clinic.

The members of the team include, Gastrointestinal and Allergy Doctors, Pathologists, Nurse, and Dietician. A social worker is available as the need arises.

**Dr Seema Aceves** a pediatric allergy/immunology specialist who also does research on eosinophilic disorders. She will add the allergy perspective to the treatment plan. Dr Aceves also coordinates clinical trials.

**Dr John Bastian** is a pediatric allergy/immunology specialist and also participates in research on eosinophilic diseases. He will add the allergy perspective to your child's treatment plan.

**Dr Ranjan Dohil** is a pediatric gastroenterologist who also does research on eosinophilic diseases. He will answer any questions and offer his expertise to development the best treatment plan for your child.

#### Allergy Testing

Skin prick testing is the method that is used to evaluate for food and environmental allergies. The nurse will explain the testing to the child as is developmentally appropriate and answer any questions prior to the testing.

- **Your child must avoid antihistamines for 5 days prior to your visit:** Antihistamines will interfere with the allergy testing results. Examples of antihistamines are Benadryl, Allegra, Claritin, Clarinex, and over the counter cold medications.
- Continue any medications that are taken for asthma, nasal sprays or any gastrointestinal medications.

**Carrie Arie, RN** is a pediatric allergy/asthma nurse. She coordinates clinic visits and is available to answer questions from families and primary care physicians.

**Elizabeth English, RD** is a pediatric dietician that has expertise in food allergies. She will monitor your child's weight and work with you to ensure that your child gets the nutrients he/she needs to grow and develop normally.



### APPOINTMENTS & INFORMATION:

Carrie Arie, RN | Telephone: (858) 576-1700 ext.4214

#### PHYSICIAN STAFF

Seema Aceves, M.D., PhD. Allergy/Immunology

John Bastian, M.D. Allergy/Immunology

Ranjan Dohil, M.D. Gastroenterology

We're on the Web!  
See us at: [www.CSSD.us](http://www.CSSD.us)