

# Eosinophilic Esophagitis; Case Presentation and Evidence-Based Recommendations for Diagnosis and Treatment

Floreta Kurti<sup>1</sup>, Gentiana Cekodhima<sup>2</sup>, Viola Cala<sup>3</sup>, Elona Mollsi<sup>4</sup>

<sup>1</sup> Service of Gastroenterology and Hepatology, UHC “Mother Theresa”, Tirana, Albania

<sup>2</sup> Service of Radiology, UHC “Mother Theresa”, Tirana, Albania

<sup>3</sup> Service of Anatomypathology, UHC “Mother Theresa”, Tirana, Albania

<sup>4</sup> Faculty of Medical Technical Science “Aleksander Xhuvani”, Elbasan

---

## Abstract

**Background:** Eosinophilic Esophagitis (EoE), first described in the early '90s, has rapidly evolved as a specific chronic inflammatory esophageal disease. The diagnosis is based clinically on the presence of symptoms related to esophageal dysfunction and histologically by an eosinophil-predominant inflammation once other conditions leading to esophageal eosinophilia are excluded. This male-prevalent disease has an increasing incidence and prevalence in western countries. EoE represents the main cause of dysphagia and bolus impaction in adult patients. Although EoE often occurs in atopic patients, the value of allergic testing is still under discussion.

**Case presentation:** We present the case of a 54-year-old female patient, a painter by profession,

complaining that she has the feeling of dysphagia, food stagnation of the esophagus, a feeling of general discomfort for several years. Two years ago, she consulted a gastroenterologist, and he performed an upper endoscopy. The endoscopy conclusion was gastroesophageal reflux disease. The patient has been receiving proton pump inhibitor (PPI) treatment for several months with minor improvements of symptoms.

We performed a new endoscopy; submucosal infiltrates with evident inflammation and circumferential rings were observed, which endoscopically suggests eosinophilic esophagitis. Several structured biopsy specimens were taken, which were analyzed by the anatomopathological department. The diagnosis of EoE was confirmed

endoscopically, and histopathologically, the patient started the treatment with local corticosteroids and PPI-s.

**Conclusions:** EoE is a new chronic pathology of the esophagus. EoE is a pathology to which gastroenterologists and especially endoscopists should begin to direct their diagnostic attention. Most patients with EoE can be treated with topical corticosteroids with good results.

**Keywords:** eosinophilic esophagitis, clinical manifestation, endoscopy, histopathology, treatment.