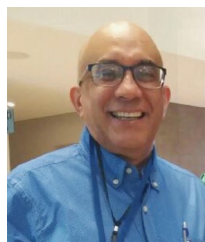


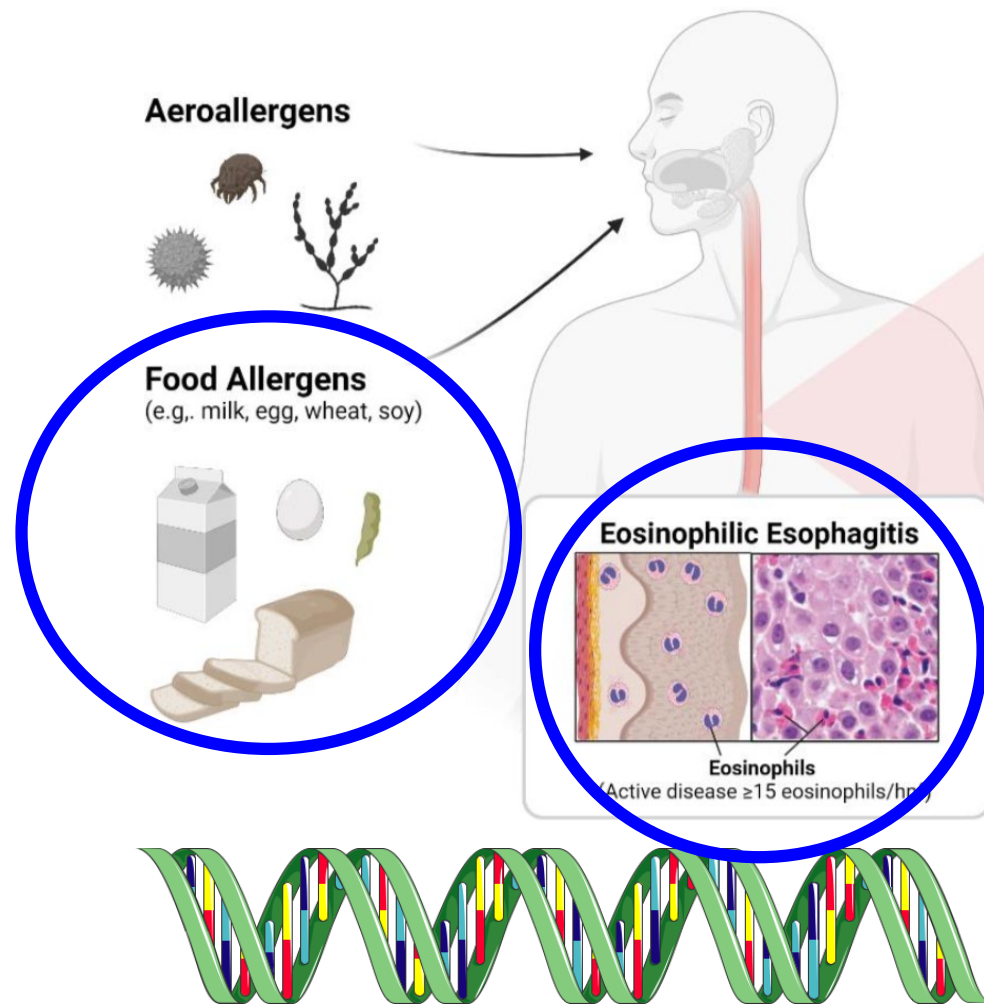


Esofagitis eosinofílica: Dieta de exclusión vs Terapia Farmacológica



William Otero R MD, FAGA, FASGE, FACP
Profesor Titular de Medicina
Universidad Nacional de Colombia
Hospital Universitario Nacional de Colombia

Youtube “William otero gastroenterologo”



7 noviembre 2022

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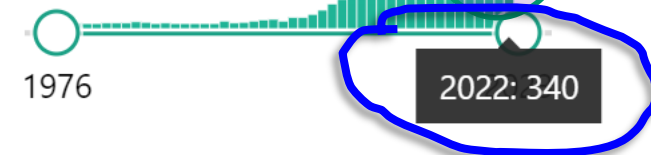
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RESULTS BY YEAR



Huérfana!!



391

3,687 results

Page 2 of 369



11

Cite

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Development and technical validation of an artificial intelligence model for quantitative analysis of histopathologic features of eosinophilic esophagitis.

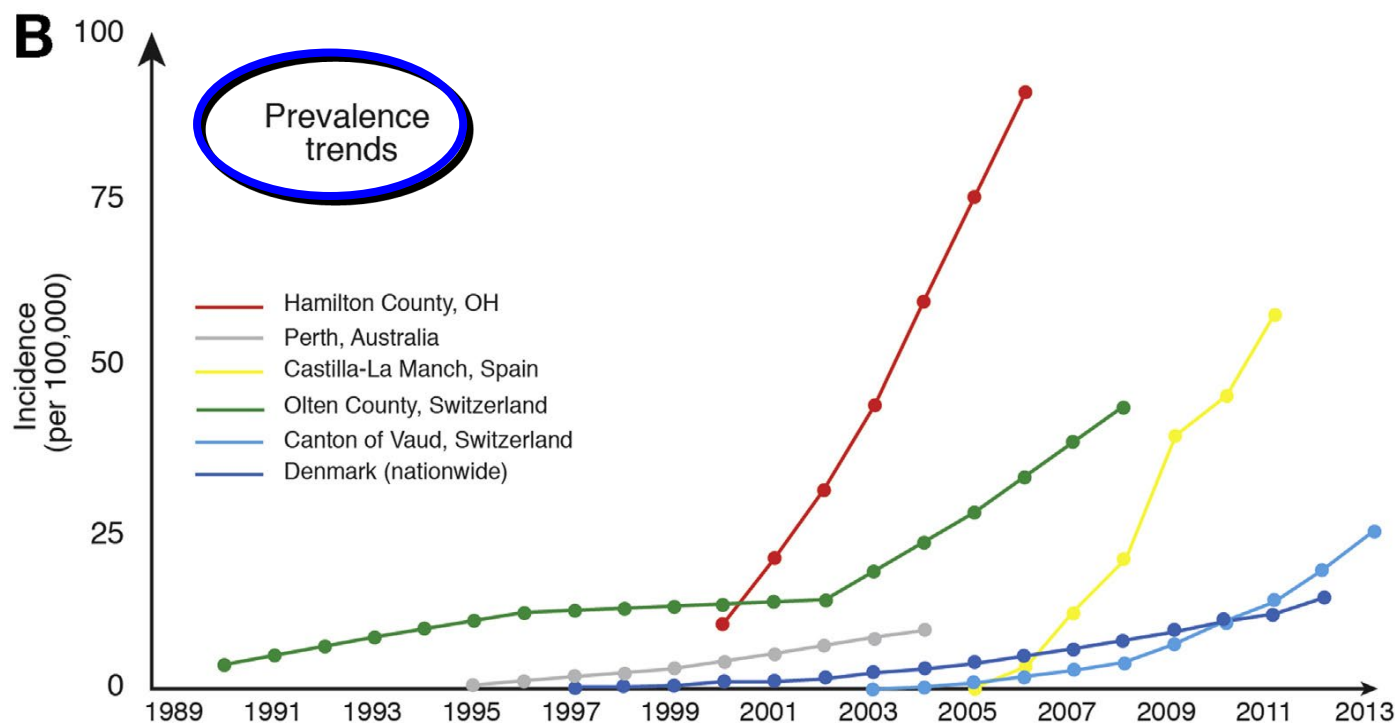
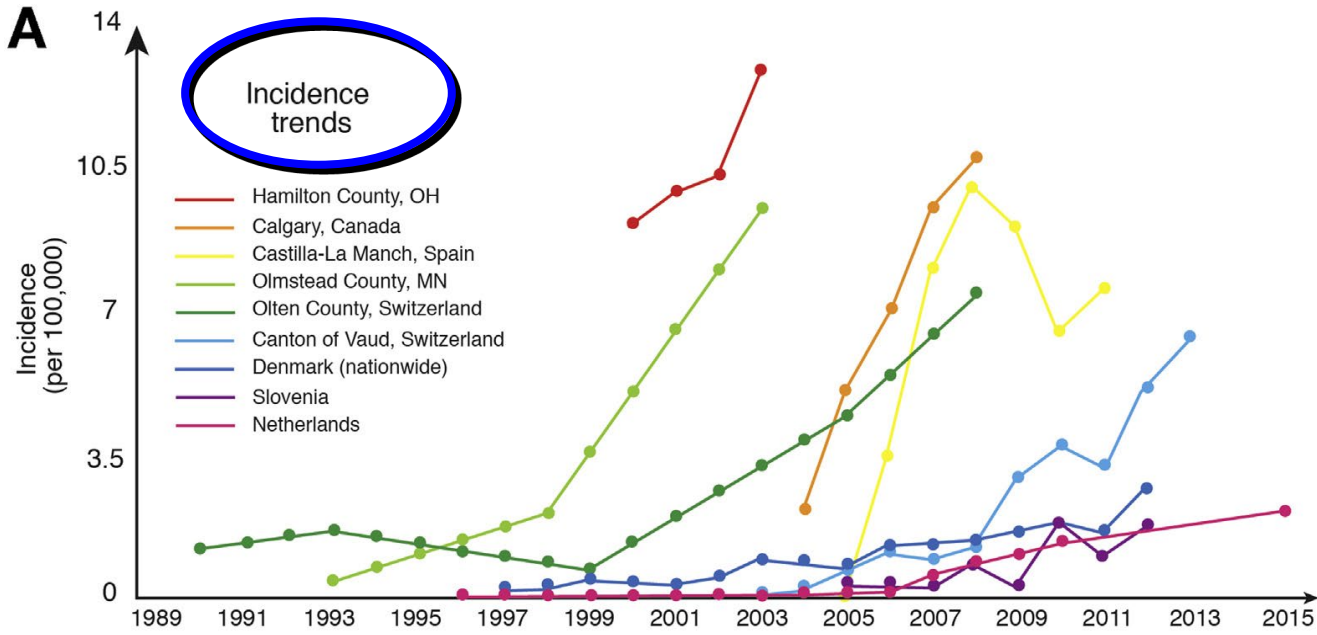
Archila LR, Smith L, Sihvo HK, Westerling-Bui T, Koponen V, O'Sullivan DM, Fernandez MCC, Alexander EE, Wang Y, Sivasubramaniam P, Patil A, Hopson PE, Absah I, Ravi K, Mounajjed T, Pai R, Hagen C, Hartley C, Graham RP, Moreira RK.

J Pathol Inform. 2022 Sep 27;13:100144. doi: 10.1016/j.jpi.2022.100144. eCollection 2022.

PMID: 36268110 [Free PMC article.](#)

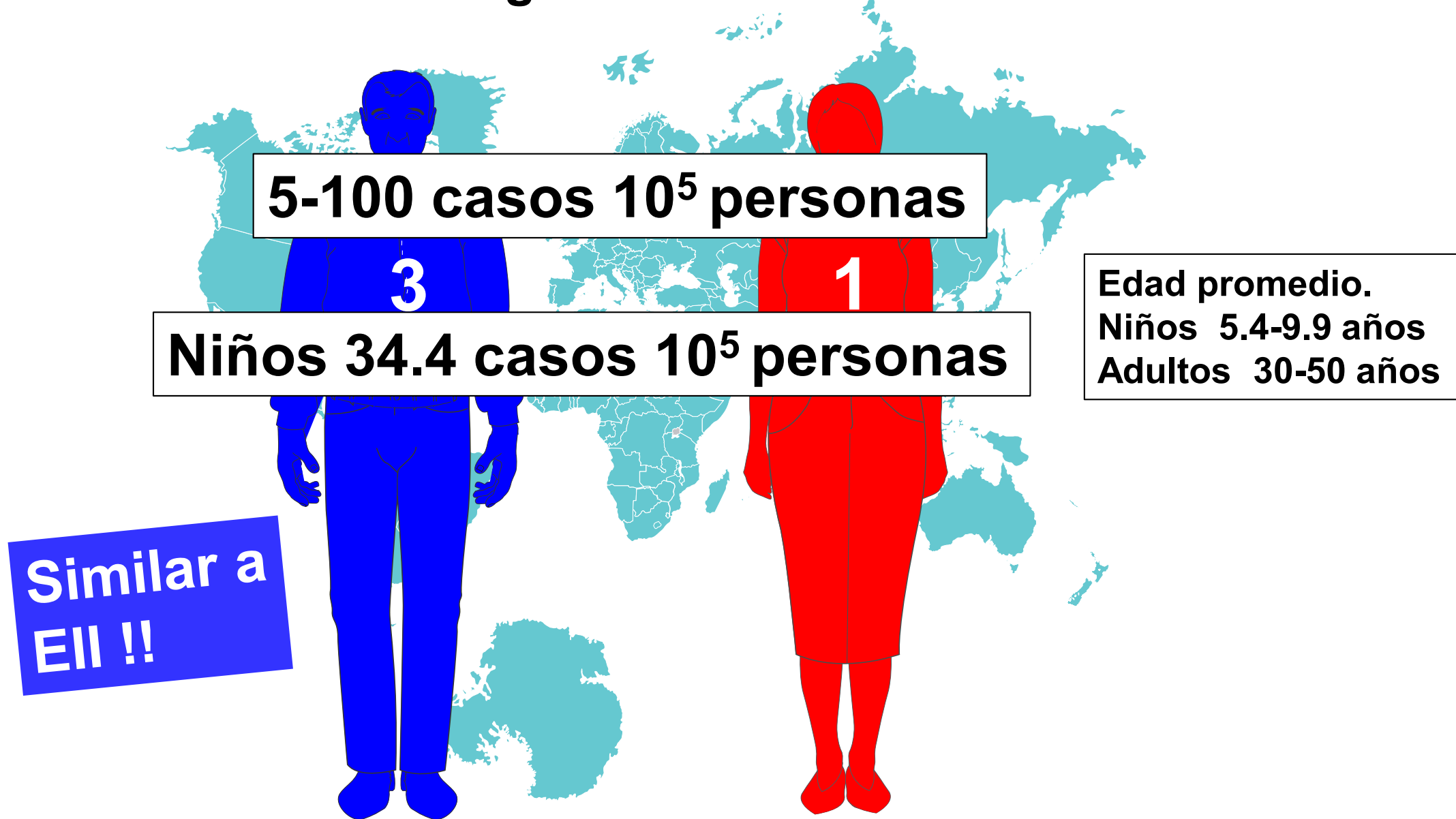
BACKGROUND: In an attempt to provide quantitative, reproducible, and standardized analyses in cases

Esofagitis eosinofílica



Dellon ES, Gastroenterology 2018;154:319–332

Esofagitis eosinofílica



5-100 casos 10^5 personas

Niños 34.4 casos 10^5 personas

Edad promedio.
Niños 5.4-9.9 años
Adultos 30-50 años

**Similar a
EII !!**

Conceptos claves

Principal causa disfagia adultos niños
2-7% de todas endoscopias
12-13% de endoscopias por disfagia
50% impactación de alimentos
Costo USA 1.4 billones de dólares
Más costosa que Enfermedad Crohn

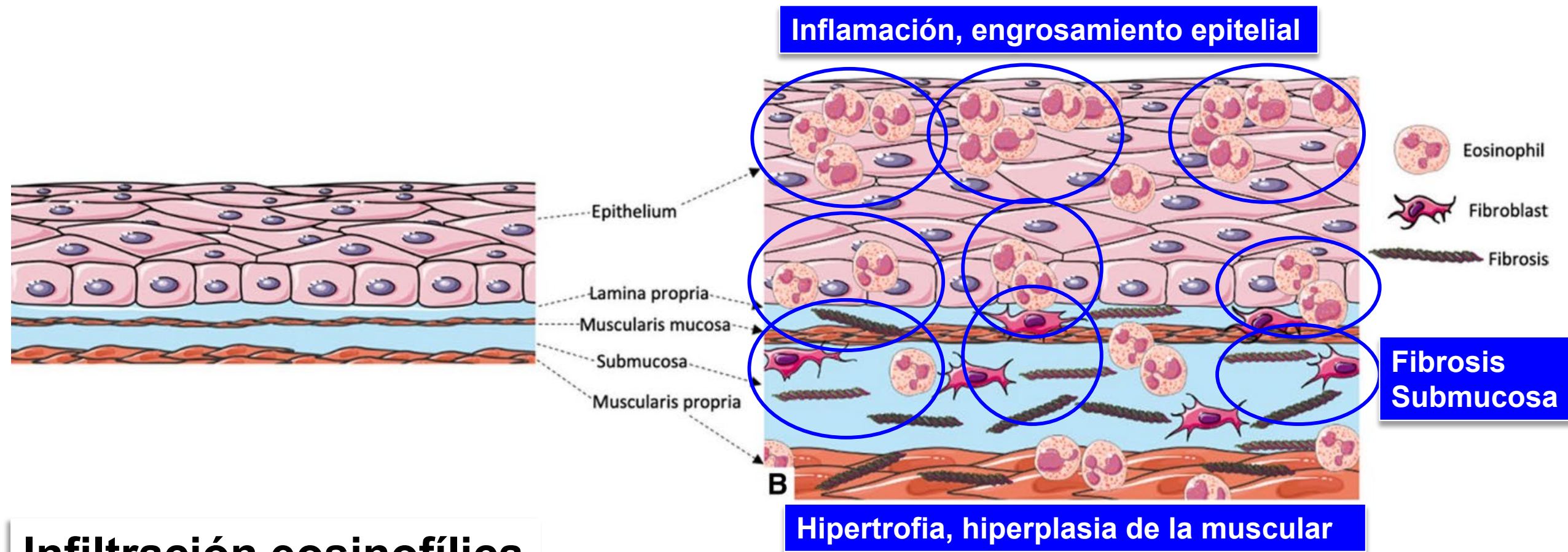
Anderson J, J Dig Dis 2020;21:12-9
Dellon ES, Gastroenterology 2018;154:319-32

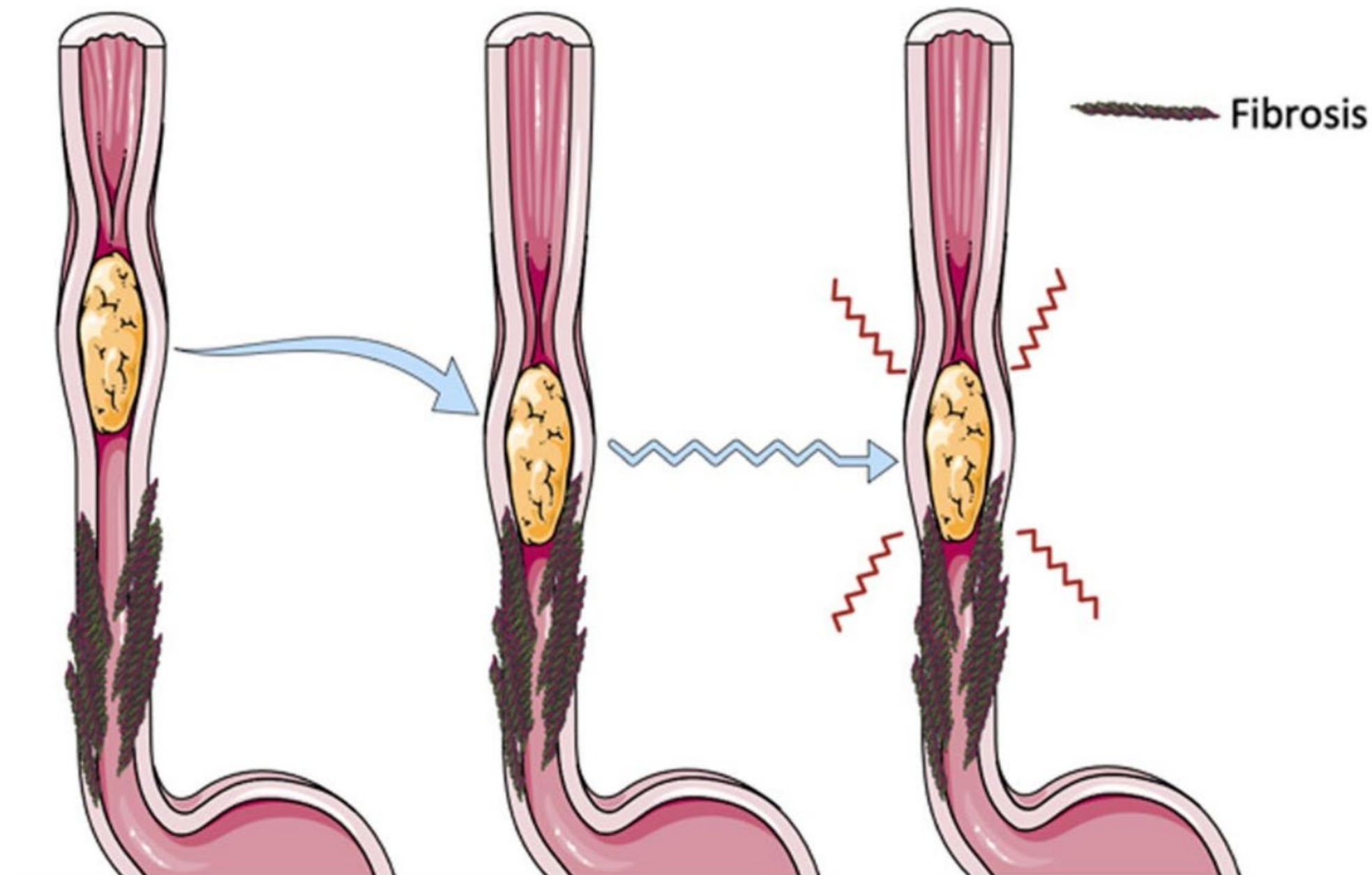
Cost of chronic inflammatory disease: The impact of eosinophilic esophagitis in Nevada

Julia Anderson¹  | Sheniz Moonie¹ | Mary Beth Hogan² | Rebecca Scherr³
Brian Labus¹ | Jessica Word⁴

	Esofagitis eosinofilica	E.Crohn	E.Celíaca
Grupo pediátrico	4001 US\$	985US\$	856 US\$
Hombres	2532	1500	1724

Esofagitis eosinofílica Disfagia





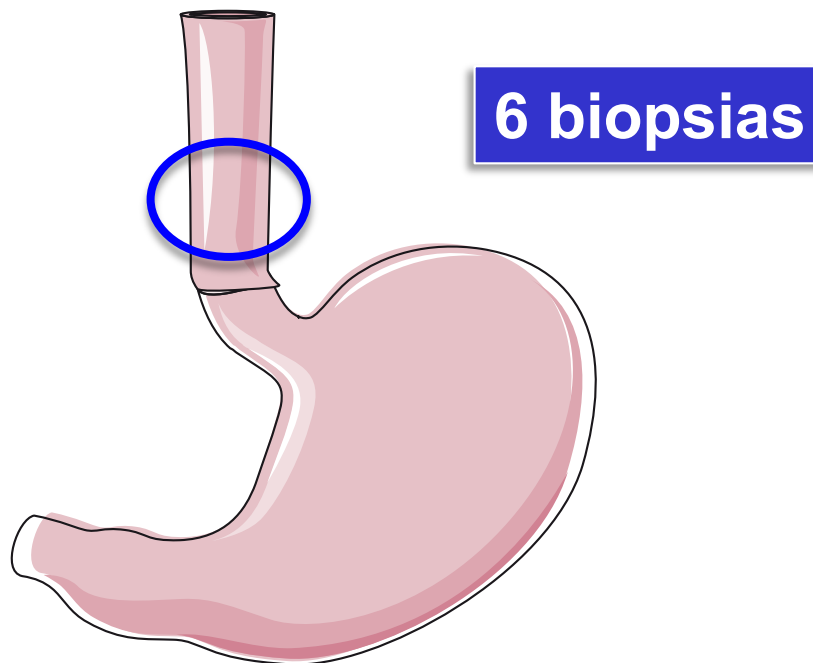
EEo Diagnóstico

Endoscopic approach to eosinophilic esophagitis: American Society for Gastrointestinal Endoscopy Consensus Conference

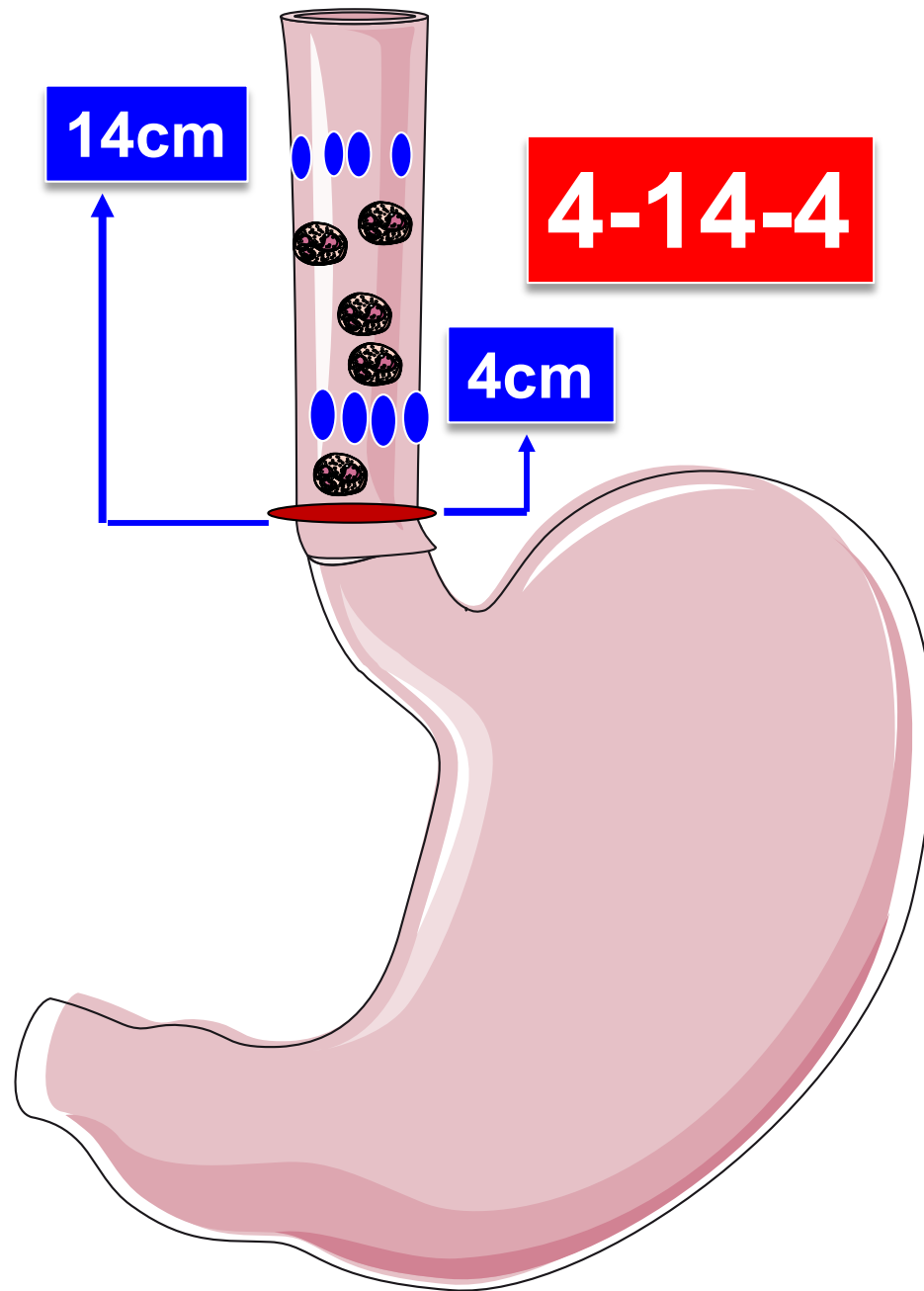


Seema S. Aceves, MD, PhD,^{1,*} Jeffrey A. Alexander, MD,² Todd H. Baron, MD, MASGE,^{3,*}
Arjan J. Bredenoord, MD, PhD,⁴ Lukejohn Day, MD, FASGE,^{5,*} Evan S. Dellon, MD, MPH,^{3,*}
Gary W. Falk, MD, MS, MASGE,⁶ Glenn T. Furuta, MD,⁷ Nirmala Gonsalves, MD,^{8,*} Ikuo Hirano, MD,^{8,*}
Vani J. A. Konda, MD, FASGE,^{9,*} Alfredo J. Lucendo, MD, PhD,¹⁰ Fouad Moawad, MD,¹¹
Kathryn A. Peterson, MD, MSci,^{12,*} Philip E. Putnam, MD,¹³ Joel Richter, MD,¹⁴ Alain M. Schoepfer, MD,¹⁵
Alex Straumann, MD,¹⁶ Deborah L. McBride, BS,¹⁷ Prateek Sharma, MD,^{18,*} David A. Katzka, MD^{19,*}

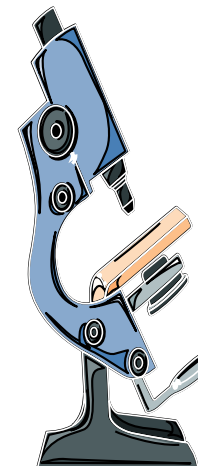
2 → 84%
5 → 97%
6 → 100%



**Esofagitis
Eosinofílica
Biopsias**



Histología



**≥15
S100% E96%
6 Bxs S99%**

Expertos

Tratamiento



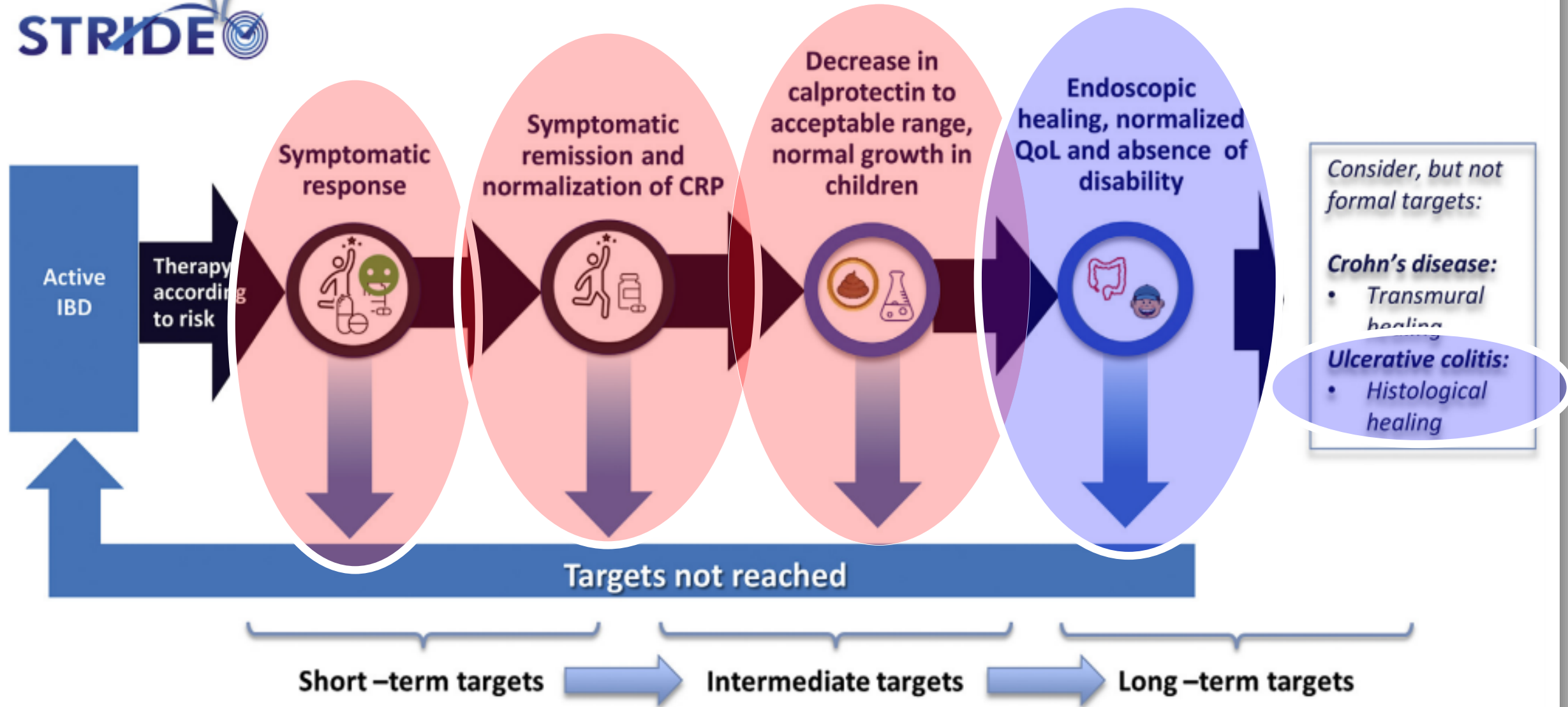
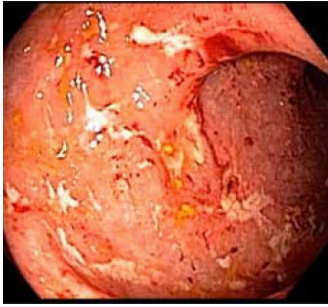
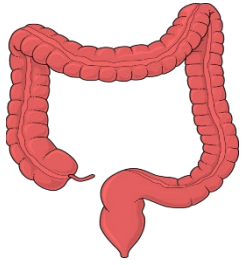
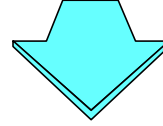


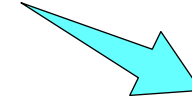
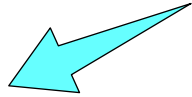
Figure 2. Treatment targets in CD and UC.



Tratamiento



“Treat to target”



Síntomas



***Desaparición
Disfagia Sin
Necesidad
Evitar alimentos***

Histología



***Resolución
Inflamación
Eosinofílica
<15 Eos/CGA
FDA <6 Eos***

Endoscopia



***Mejoría
Inflamación
Exudados, anillos
Diámetro >15 mm***

EEo, Tratamiento



Piedra angular



Drogas



Dieta

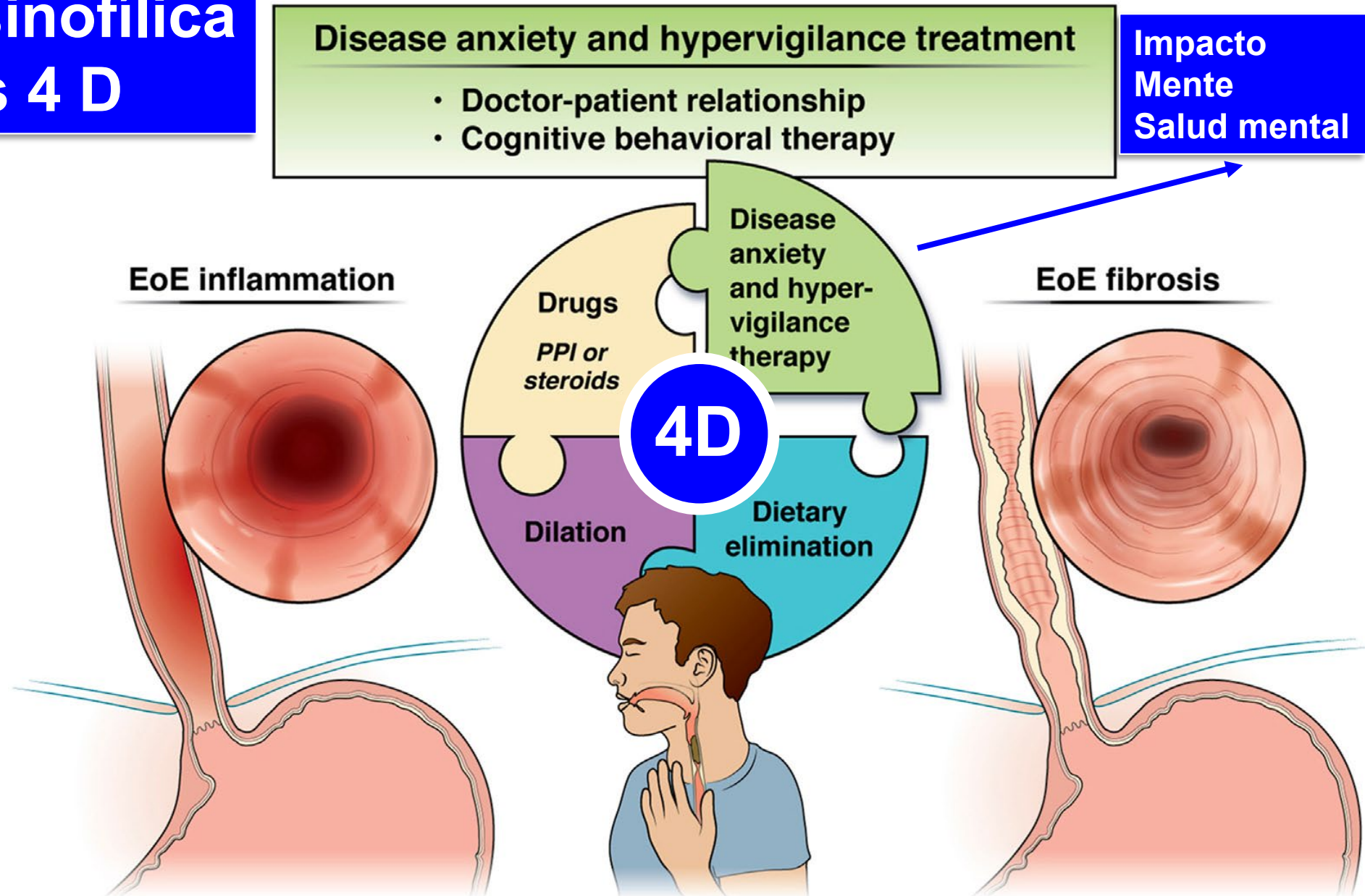
3D



Dilatación

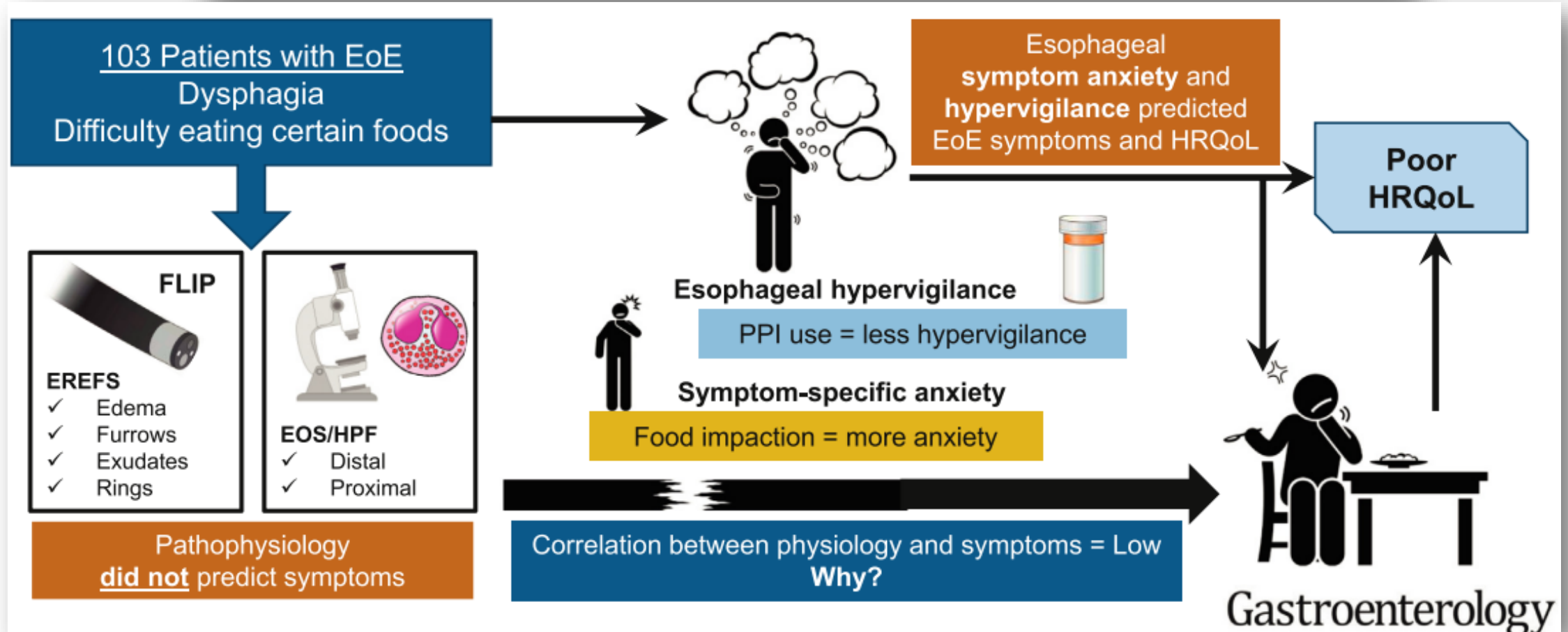
Esofagitis Eosinofílica

Más allá de las 4 D



Esophageal Hypervigilance and Symptom-Specific Anxiety in Patients with Eosinophilic Esophagitis

Tiffany H. Taft, Dustin A. Carlson, Madison Simons, Sonia Zavala, Ikuo Hirano, Nirmala Gonsalves, and John E. Pandolfino



Ansiedad correlacionó
44% Disfagia
57% Calidad de vida

Esofagitis Eosinofílica

Más allá de las 4 D

Disease anxiety and hypervigilance treatment

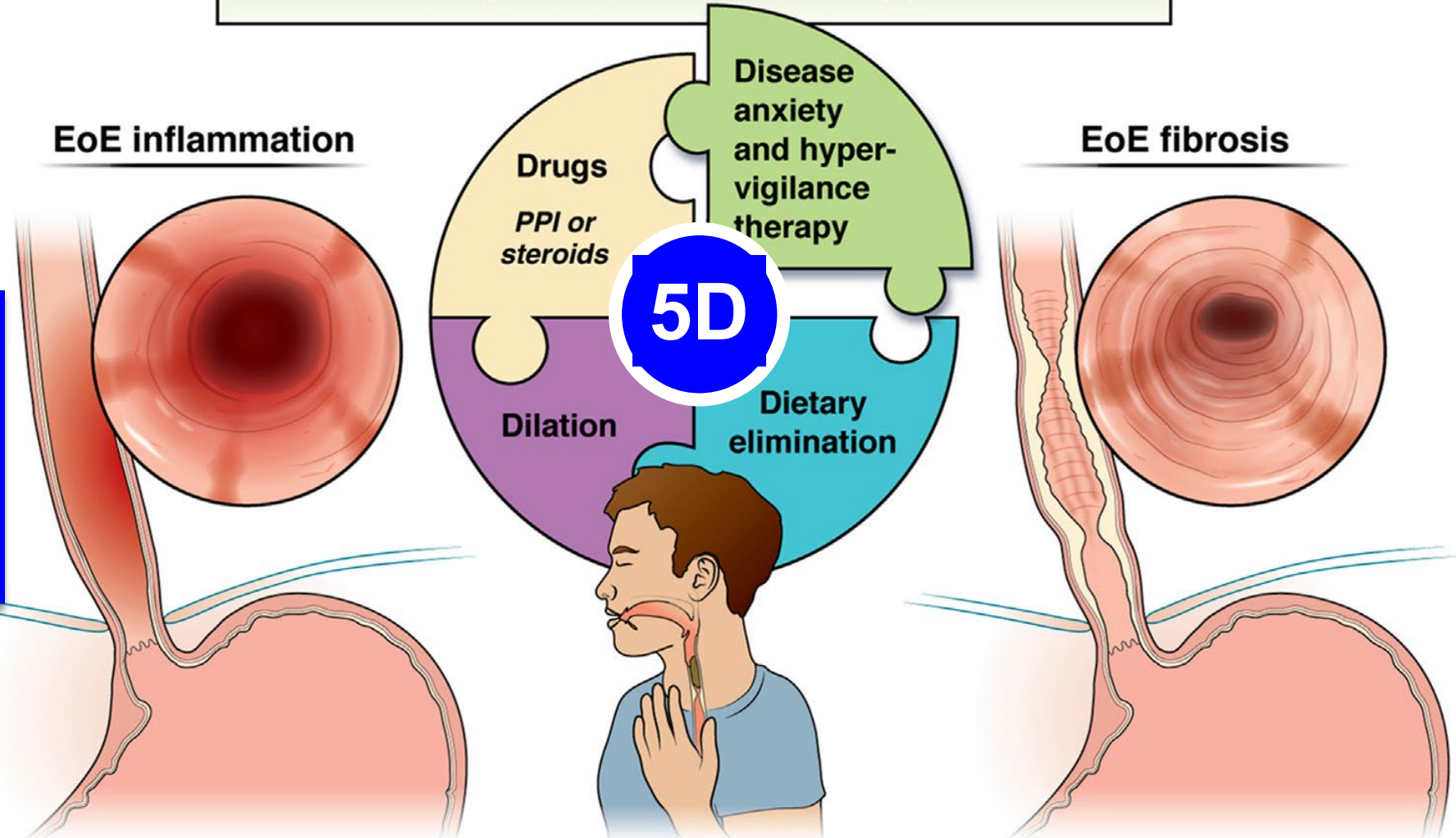
- Doctor-patient relationship
- Cognitive behavioral therapy

5ª D

Dupilumab

IL4, IL13, IL5

FDA Mayo 20, 2022

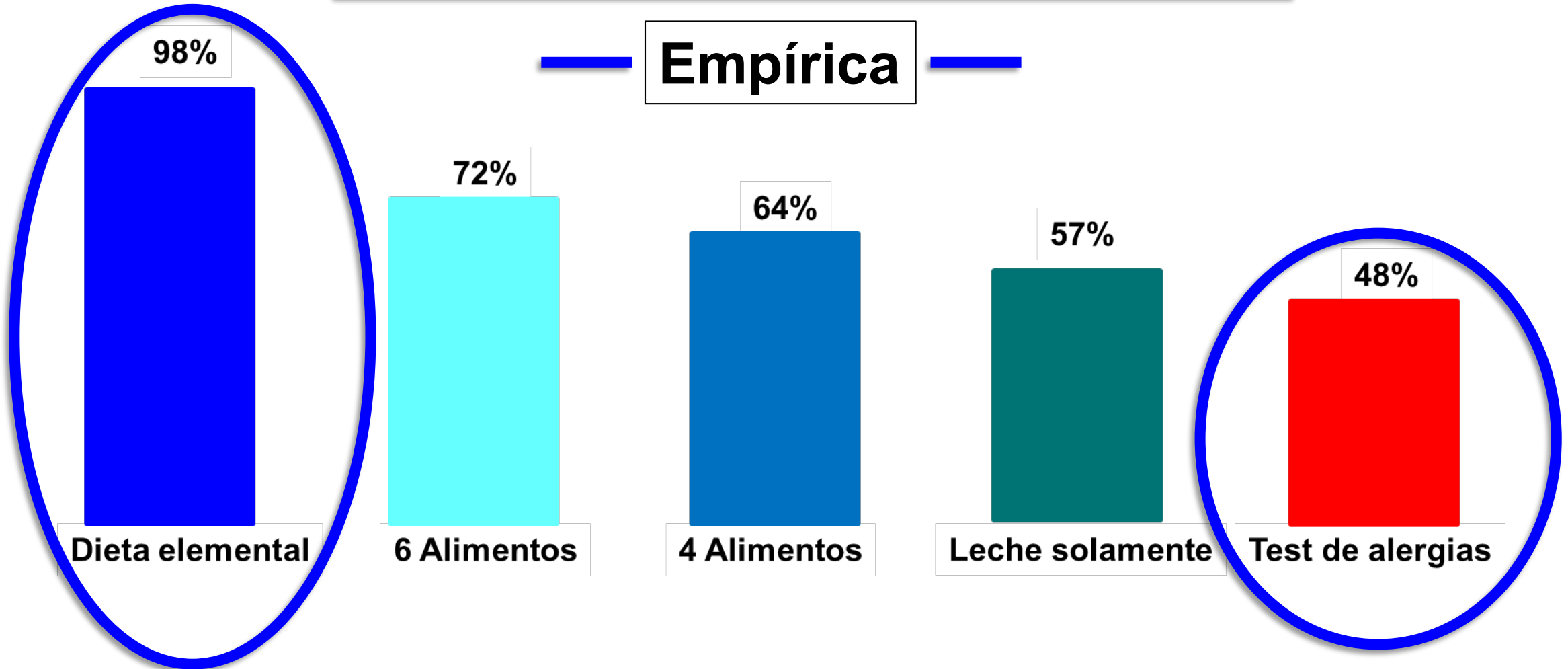


Dieta

Esofagitis eosinofílica, Tasa de respuesta-Dieta

“Estándar de oro” UNICA TERAPIA que ataca la causa

Empírica



Syverson EP, et al. Curr Opin Gastroenterol 2020, 36:485-90

EEo Dieta 2022

Trigo



Làcteos



Huevos



Nueces



Soya



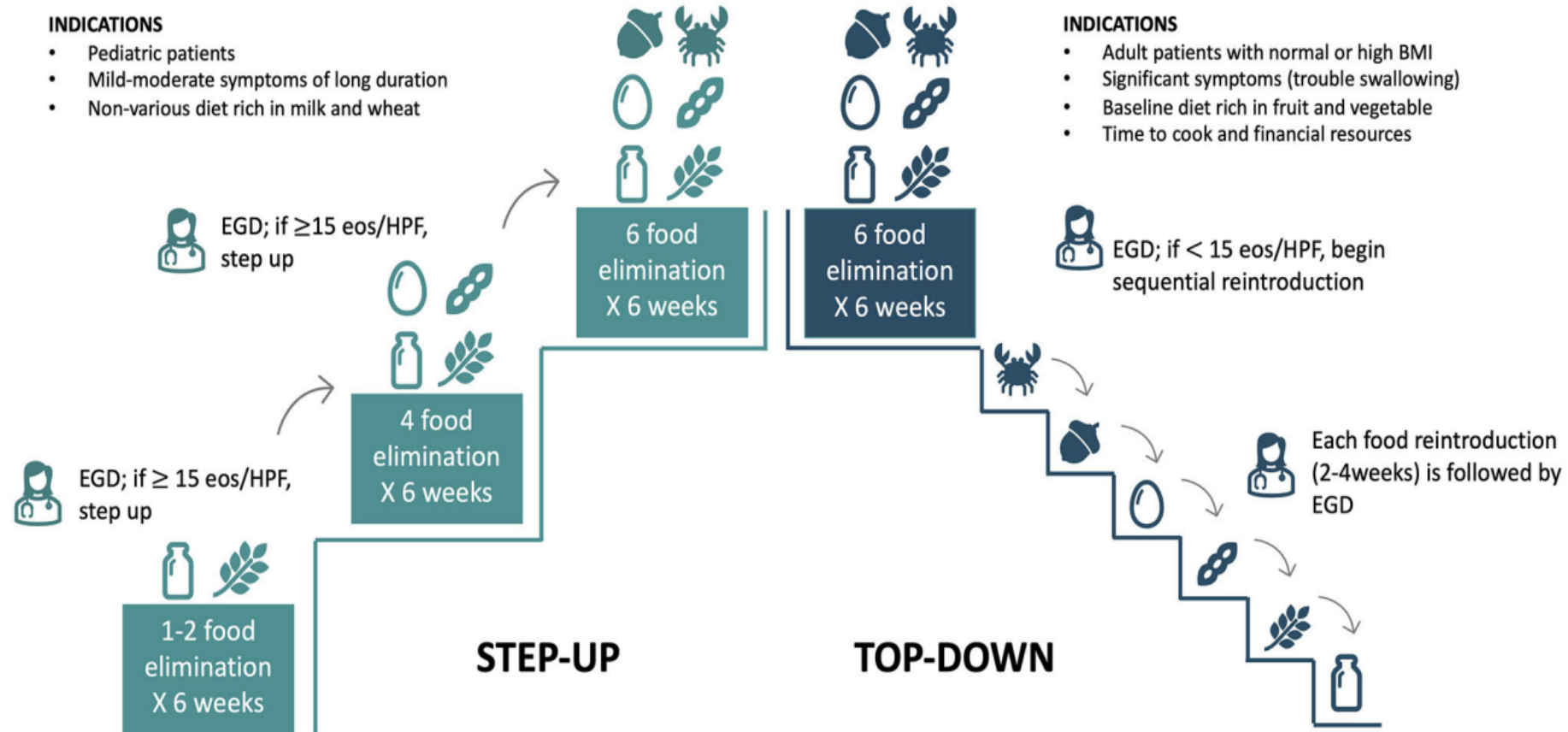
**Comida mar
Mariscos**



Hirano I, AGA Guidelines Gastroenterology 2020;158:1776-86
Lucendo AJ, Unit Eur Gastroenterol J 2017;5:335-58

Diet Therapy in Eosinophilic Esophagitis. Focus on a Personalized Approach

Martina Votto¹, Maria De Filippo¹, Marco Vincenzo Lenti², Carlo Maria Rossi², Antonio Di Sabatino², Gian Luigi Marseglia^{1,3} and Amelia Licari^{1,3*}



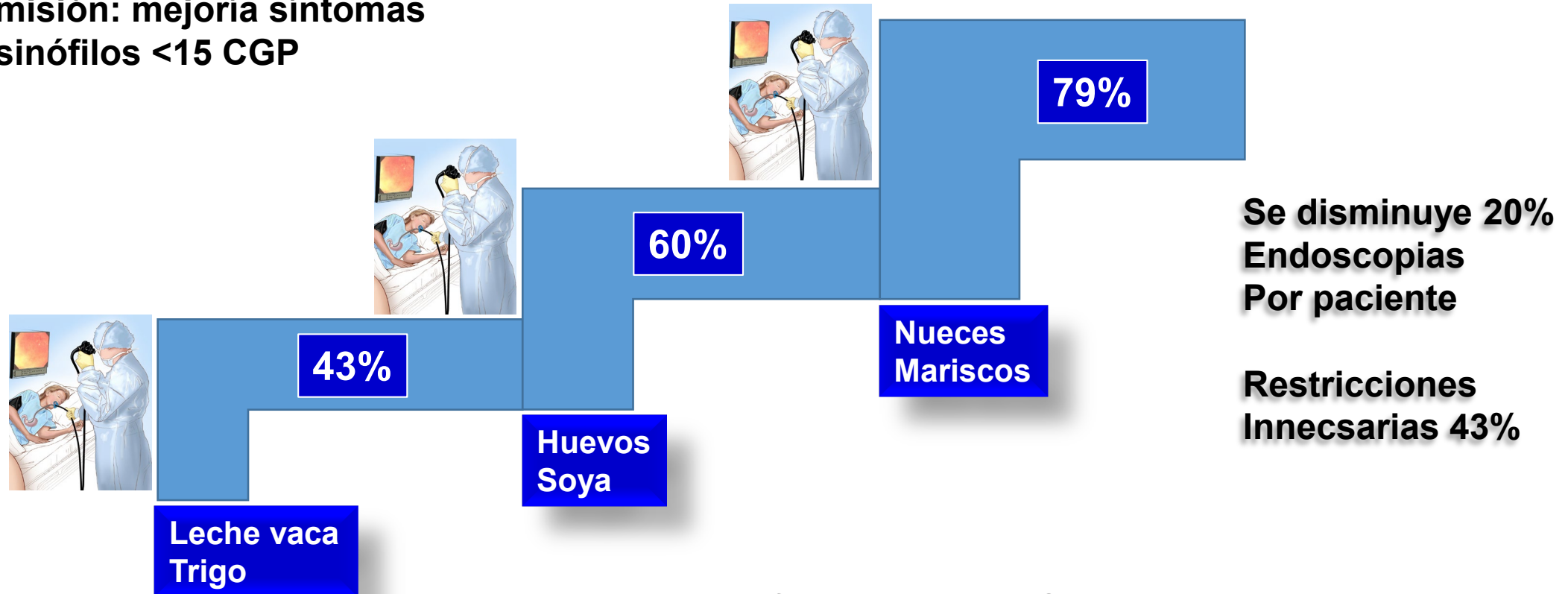
Step-up empiric elimination diet for pediatric and adult eosinophilic esophagitis: The 2-4-6 study

Javier Molina-Infante, MD, PhD,^{a,b} Ángel Arias, MSc, BSc,^{b,c} Javier Alcedo, MD, PhD,^d
Ruth Garcia-Romero, MD, PhD,^e Sergio Casabona-Frances, MD,^f Alicia Prieto-Garcia, MD, PhD,^g
Ines Modolell, MD, PhD,^h Pedro L. Gonzalez-Cordero, MD,^a Isabel Perez-Martinez, MD, PhD,ⁱ
Jose Luis Martin-Lorente, MD, PhD,^j Carlos Guarner-Argente, MD, PhD,^k Maria L. Masiques, MD,^l
Victor Vila-Miravet, MD,^m Roger Garcia-Puig, MD,ⁿ Edoardo Savarino, MD, PhD,^o
Carlos Teruel Sanchez-Vegazo, MD,^p Cecilio Santander, MD, PhD,^{b,f} and Alfredo J. Lucendo, MD, PhD^b

130 pacientes

Remisión: mejoría síntomas

Eosinófilos <15 CGP



Efficacy of Therapy for Eosinophilic Esophagitis in Real-World Practice



Emilio J. Laserna-Mendieta,^{*,‡} Sergio Casabona,^{‡,§} Edoardo Savarino,^{||}
 Antonia Perelló,[¶] Isabel Pérez-Martínez,[#] Danila Guagnozzi,^{**} Jesús Barrio,^{‡‡}
 Antonio Guardiola,^{§§,||||} Teresa Asensio,^{¶¶} Susana de la Riva,^{##}
 Miriam Ruiz-Ponce,^{*} Juan Armando Rodríguez-Oballe,^{***} Cecilio Santander,^{‡,§,‡‡‡}
 Ángel Arias,^{‡,‡‡‡,§§§} and Alfredo J. Lucendo,^{*,‡,‡‡‡} on behalf of the EUREOS EoE
 CONNECT research group

589 pacientes, 11 centros (Italia, España)

Estrategia	N %	Remisión clínica + Endoscópica
IBP	450 (76.4%)	50.2%
Esteroides deglutidos	62 (10.5%)	67.7%
Dieta	46 (7.8%)	52%
IBP + esteroides	13 (2.2%)	
IBP + dieta	3 (0.5%)	

No son Infalibles

936 Effect of a 4-Food Elimination Diet and Omeprazole in Children with Eosinophilic Esophagitis – A Randomized, Controlled Trial



Ralf G. Heine, MD FRACP¹, Rachel Peters, PhD¹, Don J. Cameron, MD FRACP², George Alex, MD FRACP^{2,3}, Mark R. Oliver, MD FRACP^{2,3},

64 pacientes Edad 9.1 años

Omeprazol solo

45%

Omeprazol + 4 alimentos

88%

Heine RG, J Allergy Clin Immunol 2019;143:AB309.

Winita Hardikar, PhD FRACP^{2,3}, Chung W. Chow, FRACPA^{2,3}, Vicki L. McWilliam, AdvAPD^{1,2}, David J. Moore, MD FRACP⁴, Alyson M. Kakakios, MD FRACP⁵, Eric Cheah, MD FRACP⁵, Edward V. O'Loughlin, MD FRACP⁵, Christine Axelrad, RN⁶, and Katrina Allen, MD PhD FRACP FAACAI^{7,8}; ¹Murdoch Childrens Research Institute, Melbourne, Australia, ²Royal Children's Hospital, Melbourne, Australia, ³University of Melbourne, Melbourne, Australia, ⁴Women's and Children's Hospital, Adelaide, Australia, ⁵Children's Hospital at Westmead, Sydney, Australia, ⁶Murdoch Children's Research Institute, Parkville, Australia, ⁷Murdoch Children's Research Institute, Melbourne, VIC, Australia, ⁸Royal Children's Hospital, Parkville, Australia.

RATIONALE: The present trial assessed whether a 4-food elimination diet (4-FED), in combination with proton pump inhibitor (PPI) treatment, is superior to PPI monotherapy in children with eosinophilic esophagitis (EoE).

METHODS: After a baseline gastroscopy, patients with histologically proven EoE (≥ 15 eosinophils per high power field; HPF) were randomized to omeprazole 1mg/kg twice daily (max. dose 20mg b.i.d.) plus a 4-FED (cow's milk, soy, egg, wheat) vs omeprazole monotherapy. A second gastroscopy was performed after 8-12 weeks. Complete mucosal remission was defined as eosinophils < 5 /HPF, and partial remission as < 10 /HPF on repeat biopsy.

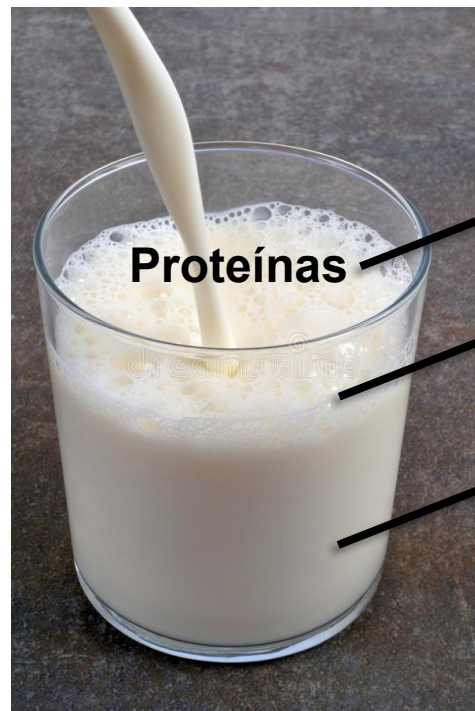
RESULTS: Of 64 patients (median age 9.1 yrs) with EoE, 32 were randomized to PPI+4-FED, and 32 to PPI only. There was a higher rate of non-completers in the diet group (5/32 vs 1/32; NS). At baseline, median eosinophil counts were similar between groups (PPI 44.5 [IQR 24-82] vs PPI+4-FED 37 [IQR 21.5-57]; $p=0.24$). At 8-12 weeks, participants in the PPI+4-FED group had lower median mucosal eosinophil counts, compared to the PPI group (2.5 [IQR 0.5-19] vs 12 [IQR 0-37]; $p=0.11$). Eosinophil counts were significantly different only in the lower esophagus (PPI+4-FED 2 [IQR 0-18] vs PPI 24 [IQR 5-43]; $p=0.003$). On per-protocol analysis, at least partial remission (< 10 eosinophils/HPF) was significantly more likely for PPI+4-FED vs PPI (88% vs 45%; $p=0.002$), with borderline significance on intention-to-treat analysis (PPI+4-FED 69% vs PPI 44%; $p=0.054$).

CONCLUSIONS: This is the first randomized clinical trial demonstrating that a 4-FED combined with PPI is significantly more effective than PPI monotherapy in children with EoE.

Tolerance to sterilised cow's milk in patients with eosinophilic oesophagitis triggered by milk

Jesús González-Cervera^{1,2,3}  | Ángel Arias^{2,3,4,5}  | Pilar Navarro^{3,6}  |
Rocío Juárez-Tosina⁷ | María Cobo-Palacios⁸ | José M. Olalla⁷  |
Teresa Angueira-Lapeña⁶ | Alfredo J. Lucendo^{2,3,5,6} 

Nuevo paradigma!



Disparador
Más común

Esterilización
Hervida 20 minutos a 100°C

Pasteurización
138°C por unos segundos

18 Conocidos leche
Disparaba síntomas

12/18 remisión Mientras
Tomaban leche esterilizada
200 ml 2v/día 8 semanas



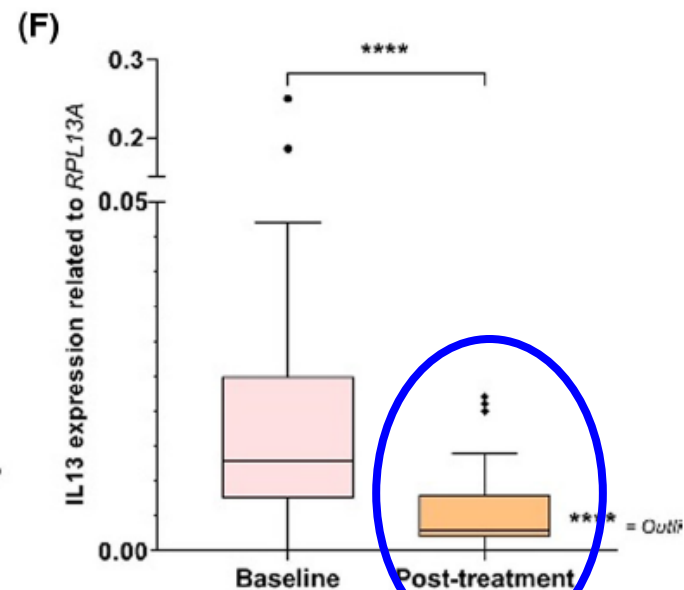
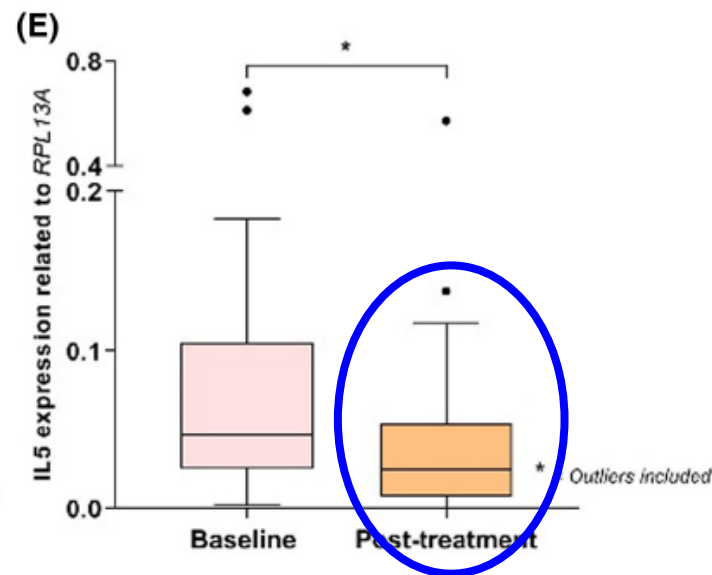
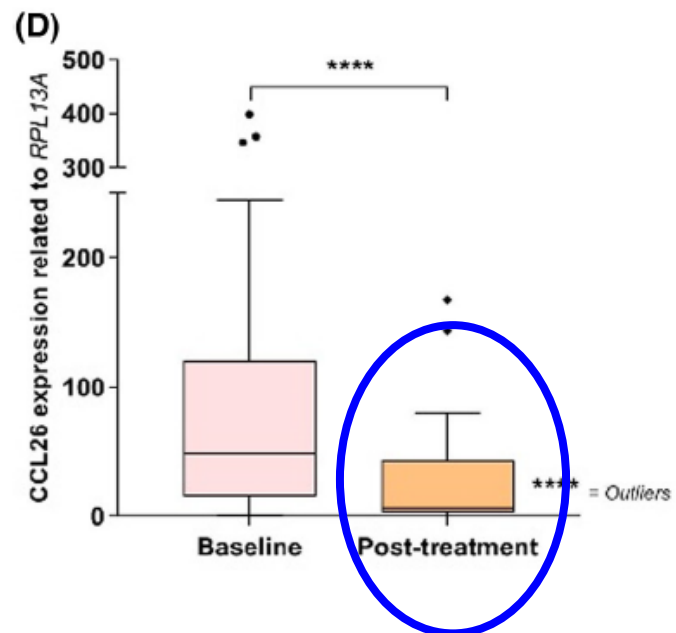
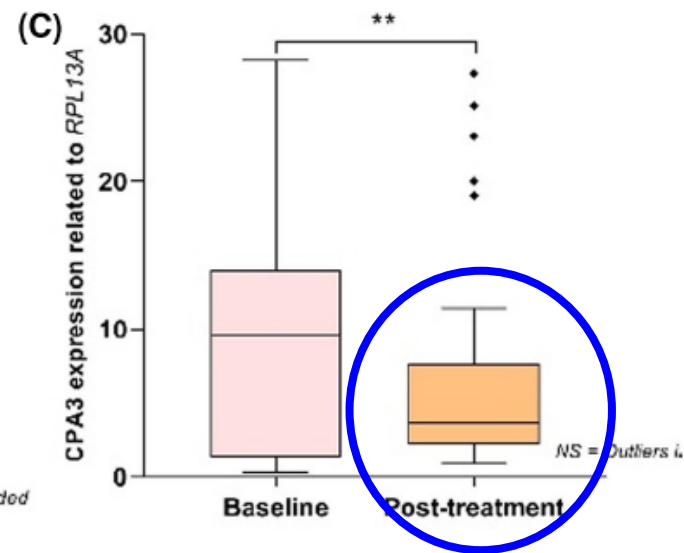
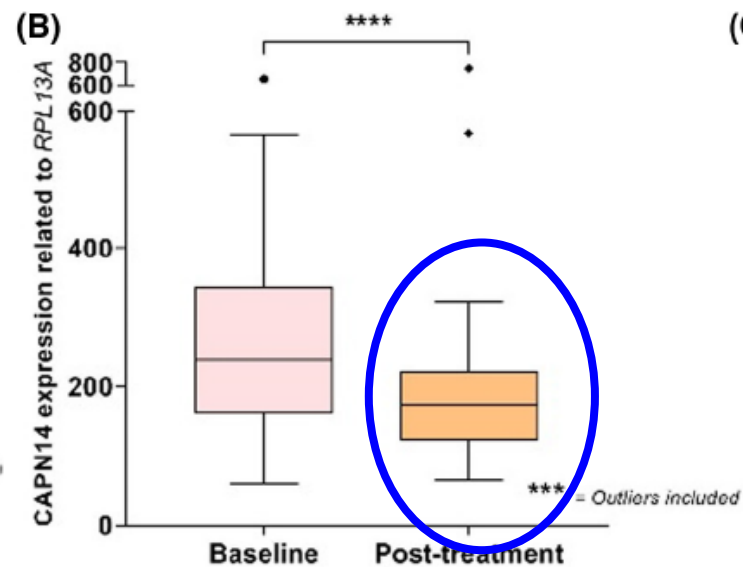
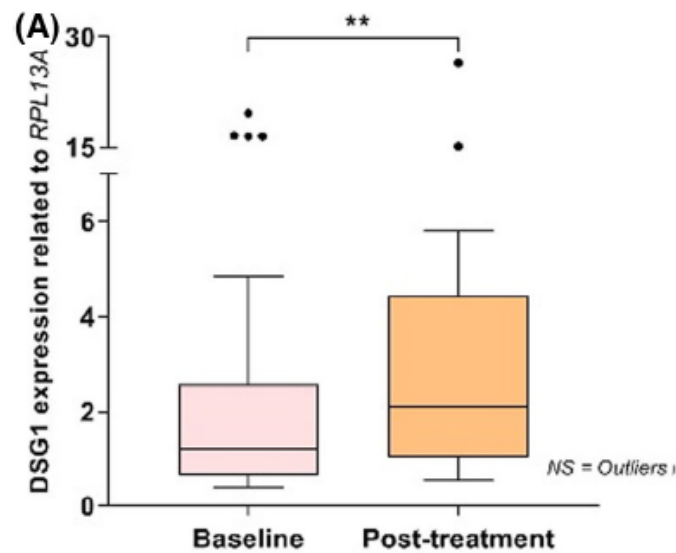
ORIGINAL ARTICLE

Neurogastroenterology & Motility **NGM** WILEY

Gene expression and clinical outcomes after dietary treatment for eosinophilic esophagitis: a prospective study

Willemijn E. de Rooij¹ | Mara A. P. Diks² | Marijn J. Warners^{1,3} |
Marleen T. J. Van Ampting⁴ | Betty C. A. M. van Esch^{2,4} | Albert J. Bredenoord¹

De Rooij WE, Neurogastroenterol Motil 2022;34:e14367.



Pros y contra de dieta en EEO



Consume tiempo
Socialmente limitante
Múltiples endoscopias
Difícil de mantener
Poca adherencia
Paciente motivado



2 alimentos 43%
Hervir la leche >>
6 alimentos 71%
Libre medicamentos
2 alimentos + IBP 88%

Muchas gracias!