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Review: Treatment of eosinophilic esophagitis with swallowed topical corticosteroids

Nennstiel S *et al.* Treatment of EoE with STCs

Simon Nennstiel, Christoph Schlag

Abstract

Eosinophilic esophagitis (EoE) is an emerging chronic local immune-mediated disease of the esophagus. Beside proton pump inhibitors and food-restriction-diets swallowed topical corticosteroids (STC) can be offered as a first line therapy according to current guidelines. This review describes the background and practical management of STCs in EoE. So far, mainly asthma inhalers containing either budesonide or fluticasone have been administered to the esophagus by swallowing these medications "off label". Recently esophagus-targeted formulations of topical

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<https://www.ncbi.nlm.nih.gov/pubmed/28719593>

Long-Term Treatment of Eosinophilic Esophagitis With Swallowed Topical Corticosteroids: Development and Evaluation of a Therapeutic Concept. **Greuter T**(1), **Bussmann C**(2), **Safroneeva E**(3), **Schoepfer AM**(4), **Biedermann L**(1), **Vavricka SR**(1)(5), **Straumann A**(6).

Cited by: 68

Author: Thomas Greuter, Christian Bussmann, E...

Publish Year: 2017

Maintenance Treatment Of Eosinophilic Esophagitis With ...

<https://www.sciencedirect.com/science/article/pii/S1542356518305986>

Short-term treatment with swallowed topical corticosteroids (STCs) has proven efficacy in inducing clinical, **endoscopic**, and histologic remission in adult patients with **eosinophilic esophagitis (EoE)** and has been recently approved by the European Medicines Agency.1, 2, 3 ...

Cited by: 19

Author: Thomas Greuter, Thomas Greuter, Ekat...

Publish Year: 2019

Topical Steroid Therapy for Eosinophilic Esophagitis

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4076881>

G&H How long should **topical steroid therapy** be given to patients with **EoE**? JA We do not know the answer to this question. **Standard steroid therapy** for **EoE** is anywhere from 2 to 8 weeks, and most **trials** use 6 to 8 weeks of **therapy**.

Cited by: 3

Author: Jeffrey A. Alexander

Publish Year: 2014



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Long-Term Treatment of Eosinophilic Esophagitis With ...

<https://www.ncbi.nlm.nih.gov/pubmed/28719593>

OBJECTIVES: **Swallowed topical corticosteroids (STCs)** are efficacious in inducing and presumably maintaining remission in patients with active **eosinophilic esophagitis (EoE)**. Hitherto, it has not been evaluated whether **long-lasting remission** can be achieved, and whether **treatment** can be stopped once patients have achieved this remission.

Cited by: 79

Author: Thomas Greuter, Christian Bussmann, E...

Publish Year: 2017

Eosinophilic Esophagitis Treatment – Swallowed Inhaled ...

<https://www.eosinophilicesophagitishome.org/eosinophilic-esophagitis-treatment...>

▼
A common option for the **treatment of Eosinophilic Esophagitis (EoE)** is **topical steroids**, also known as **swallowed inhaled steroid therapy**. This **treatment** typically involves **swallowing a steroid medication** that was meant for inhalation to **treat asthma**.

Topical Steroid Therapy for the Treatment of Eosinophilic ...

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4816205>

Compared with **placebo treatment**, **topical steroid treatment** was associated with a significant reduction in **esophageal eosinophil** counts among studies that used budesonide (WMD -52.0, 95% CI -76.5 to -27.4), but not among studies that used fluticasone (WMD -18.6, 95% CI -38.9 to 1.7; Supplementary Figure 1 online).

Cited by: 84

Author: Ming-Yu Anthony Chuang, Mohamed A ...

Publish Year: 2015



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Long-Term Treatment of Eosinophilic Esophagitis With ...

<https://www.ncbi.nlm.nih.gov/pubmed/28719593>

OBJECTIVES: Swallowed topical corticosteroids (STCs) are efficacious in inducing and presumably maintaining remission in patients with active eosinophilic esophagitis (EoE). Hitherto, it has not been evaluated whether long-lasting remission can be achieved, and whether treatment can be stopped once patients have achieved this remission.

Cited by: 79 Author: Thomas Greuter, Christian Bussmann, Ek...

Publish Year: 2017

Eosinophilic Esophagitis Treatment – Swallowed Inhaled ...

<https://www.eosinophilicesophagitishome.org/...>

A common option for the treatment of Eosinophilic Esophagitis (EoE) is topical steroids, also known as swallowed inhaled steroid therapy. This treatment typically involves swallowing a steroid medication that was meant for inhalation to treat asthma.

Eosinophilic esophagitis - Diagnosis and treatment - Mayo ...

<https://www.mayoclinic.org/diseases-conditions/...>

< **Diagnosis** Treatment Clinical Trials Lifestyle and Home Remedies >

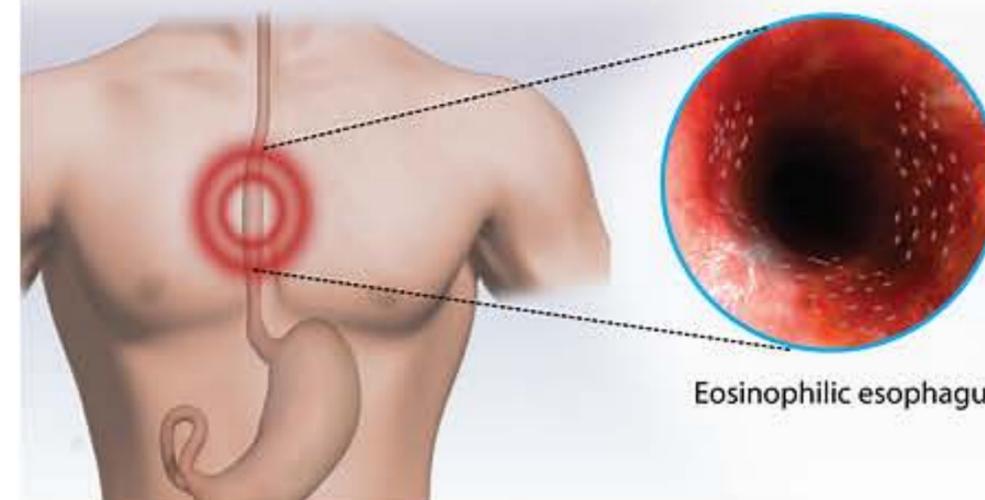
Your doctor will consider both your symptoms and test results to diagnose eosinophilic esophagitis. This will include determining whether you have gastroesophageal reflux disease (GERD). Tests to diagnose eosinophilic esophagitis include: 1. Upper endoscopy. Your doctor will use a long narrow tube (endoscope) containing a light and tiny camera and insert it through your mouth down the esophagus. The doctor will inspect the lining of your esophagus for inflammation and swelling, horizontal ring...

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Eosinophilic Esophagitis

Medical Condition

An allergic inflammatory condition of the esophagus



Eosinophilic esophagus

An allergic inflammation of esophagus which involves build up of eosinophils in its lining.

- Rare (Fewer than 200,000 cases per year in US)
- Often requires lab test or imaging
- Treatment from medical professional advised
- Can last several years or be lifelong

It is usually caused by food allergies or acid reflux. It is characterized by difficulty in swallowing, heart burn, reduced appetite and vomiting. Treatment involves removal of the triggering agents, endoscopy and medications such as PPI and topical corticosteroids.

Symptoms

- Difficulty in swallowing