### Eosinophilic Gastritis (EG) Quick Facts

Eosinophilic gastritis is a rare disease in which a type of white blood cell, the eosinophil, causes injury and inflammation to the stomach. Eosinophilic gastritis may affect both adults and children. The cause is unknown.

#### Symptoms:
- Vomiting, nausea
- Difficulties feeding and/or poor weight gain
- Poor growth
- Abdominal pain
- Anemia (low blood counts)
- Malnutrition
- Fatigue
- Swelling of the legs

#### Associated Diseases:
- Environmental and/or food allergies in some
- May occur in conjunction with other eosinophilic gastrointestinal disorders, such as eosinophilic esophagitis (EoE), eosinophilic colitis (EC), eosinophilic gastroenteritis (EGE).

#### Causes:
- Unknown
- Food allergies may play a role in some patients

#### Diagnosis:
- Upper endoscopy (placement of a lighted tube into the mouth, esophagus and stomach)
- Biopsies of the esophagus, stomach and small intestine are necessary to make the diagnosis. Increased levels of eosinophils in the stomach causing injury in the context of symptoms consistent with EG

#### Findings:
- Endoscopy may show erosions or irritated areas of the stomach
- Biopsy: Eosinophils invading the stomach. Biopsy may show chronic inflammation. Eosinophils should be carefully sought when chronic inflammation is seen. No consensus recommendations on definition or diagnosis.

#### Allergy Testing
- Allergy testing may be helpful in some patients to identify and remove offending food allergens.

#### Management:
- Avoid known food allergens or triggers
- Systemic Steroids (prednisone)
- Topical steroids (pills that can be altered so that the medication can coat the stomach)
- Acid suppressors (proton pump inhibitors [PPIs])
- Elemental diet (avoid all food protein and obtain all nutrition from a special formula)
- Anti-inflammatory and allergy medications
- Iron supplementation if iron deficient
- Nutritional support as needed

#### Prognosis:
- Depends on response to treatment
- Recurrent episodes may occur

---

**About APFED:** The American Partnership for Eosinophilic Disorders (APFED) is a 501(c)3 non-profit organization for those living with eosinophilic disorders. APFED educates and raises awareness of these conditions, advocates for the unmet needs of patients, and supports research advances. APFED also hosts online community, community events, and an annual patient education conference. For more information, visit apfed.org.