

Mayo Clinic Minute

Treating EOE with diet

| Video | Audio |
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| | We've all taken too big of a bite of something while eating and had a hard time swallowing it. |
| | But roughly one in 2000 people has a condition called Eosinophilic Esophagitis – or EOE - that causes it to happen constantly. |
| | They can't vomit it up, they can't wash it down, they end up in the emergency room to have it removed. |
| | According to Mayo Clinic Gastroenterologist Dr. Jeffrey Alexander, it's actually a food allergy...and it's becoming more common...but it is treatable. |
| | He says most people respond to a special steroid that's swallowed, but he says that's a temporary fix. |
| | To improve things long term, he is researching a special diet that eliminates the most allergic foods, then slowly adds them back in to hopefully figure out what, specifically, is causing each patient's EOE. |
| | "I tell people we're in the second inning of this ballgame. These may not even be the right six foods. But we took out the ones that historically had the most allergies, which is fish, nuts, eggs, soy, wheat and milk." |
| | And while EOE isn't life-threatening...Dr. Alexander says he's hoping to a simple change in diet can improve the quality of life for hundreds of thousands of people.=== |
| | For the Mayo Clinic News Network, I'm Ian Roth. |

