### Pro Con Treatment Options in Adults*

<table>
<thead>
<tr>
<th>Element</th>
<th>Pros</th>
<th>Cons</th>
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| Elemental Formula Diet | High success rate  
Nutritionally complete | Poor taste/taste fatigue  
Expense  
Impact on QOL  
Limited practicality |
| Six-Food Elimination Diet | Can be effective  
May improve non-ulcer dyspepsia  
Not allergy testing directed | Best success rate with six food?  
Limits QOL  
May have nutritional deficits  
Empiric |
| Four-Food Elimination Diet |  |  |
| Two-food (Dairy/gluten) Diet |  |  |
| Targeted Elimination Diet | May minimize # foods to eliminate  
Patch testing may add info | Limited success rate without dairy/gluten elimination  
Limited standardization of food extracts |
| Topical Corticosteroids | Allergy testing not required to identify allergens | Success rate good  
Compliance/dosage/formulation need to be addressed |

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**Swallowed steroids**

Fluticasone (puffed and swallowed through a metered-dose inhaler)  
Adults: MDI: 440-880 mcg twice daily  
Disc; 250 mcg twice daily: 500 twice daily for first week: for technique;  
**YouTube:** Mark Holbreich  
Budesonide (as a viscous suspension)  
Adults: 2 mg daily; 1 mg twice daily  

**NO EATING OR DRINKING FOR 30 MINUTES**
**Dilation**: Should be an option when diet and medications fail

Literature review of 74 adult patients with EoE who were treated with dilation
Esophageal perforation in 4 pts (5%)
6 patients (8%) hospitalized for chest pain
Symptomatic improvement in 83%
Recurrent symptoms in majority in 3-8 months

**Diet Resources**

**See ON LINE Handout for session 3008**

References:
http://dx.doi.org/10.1016/j.jaip.2013.05.009.


Gonsalves, N. Elimination Diet Effectively Treats Eosinophilic Esophagitis in Adults; Food Reintroduction Identifies Causative Factors. Gastroenterology 142, 7: 1451-1459 2012/6

* Allergy testing by SPT to common foods and aeroallergens is recommended as part of evaluation. Patch testing is an option. Testing with “fresh” foods is an option. ImmunoCap testing is currently not recommended. Component testing may be of value in future.

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