

EFFICACY OF A DAIRY FREE DIET (DFD) IN ADULT PATIENTS WITH EOSINOPHILIC ESOPHAGITIS: A PILOT REAL-LIFE PROSPECTIVE MULTICENTER STUDY

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Poster

Oesophagus

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A multicenter prospective study of 21 adult eosinophilic esophagitis patients found that a 12-week dairy-free diet resulted in 50% histological response rate, with significant improvements in quality of life regardless of histological response.

KEY POINTS

- After 12 weeks of dairy-free diet, 50% of patients achieved histological response, and among these responders, 90% also achieved clinical response
- Histological responders demonstrated significant reduction in both EEsAI and ISEE scores compared to non-responders ($p=0.01$)
- Quality of life measured by EOE-QoL-A score improved significantly in all patients regardless of response to therapy
- Patients with both clinical and histological response showed significantly higher adherence scores than other patients ($p=0.02$), though no baseline factors predicted adherence
- The study enrolled 21 adults from 5 Italian centers between October 2022 and June 2024, using dairy-free diet as first-line therapy, add-on to PPI, or second-line treatment

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