LONG-TERM EFFECTIVENESS AND SAFETY OF ORODISPERSIBLE BUDESONIDE FOR THE TREATMENT OF EOSINOPHILIC ESOPHAGITIS: A MULTICENTRE REAL-WORLD STUDY

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UEG Week Berlin 2025 | Presentation

Histopathology | Mechanisms & Personalised Medicine | Oesophagus

October 6, 2025

A multicentre real-world study of 292 eosinophilic esophagitis patients demonstrated that budesonide orodispersible tablets achieved 93% histological remission after 12 weeks of induction and maintained remission in 92% at one year.

KEY POINTS

- After 12 weeks of induction therapy with budesonide orodispersible tablet 1 mg twice daily, 93% of 259 evaluated patients achieved histological remission and 53% achieved endoscopic remission, with mean EREFS score decreasing from 3±2 to 2±1 ($p<0.0001$).
- At one year of maintenance therapy with 1 mg once daily, 76% of 136 patients maintained endoscopic remission and 92% maintained histological remission, with stenosis decreasing from 31 patients at baseline to 1 patient at one year ($p<0.0001$).
- Dysphagia symptoms improved significantly from baseline DSQ score 30±23 to 6±12 at 12 weeks and 4±10 at one year ($p<0.0001$), and quality of life scores improved from 112±37 to 153±30 at 12 weeks and 153±28 at one year ($p<0.0001$).
- Side effects occurred in 36 of 292 patients (12%), with candidiasis being the most common (25 of 36, 70%), and only 15 patients required treatment discontinuation.
- Among the 136 patients completing one year, 11 lost histological response after dose tapering from induction to maintenance therapy.

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