

EVOLVING THERAPIES IN EOSINOPHILIC OESOPHAGITIS: A SYSTEMATIC REVIEW AND META-ANALYSIS OF BUDESONIDE AND DUPILUMAB

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Poster

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A systematic review and meta-analysis found that both budesonide and dupilumab significantly outperform placebo in achieving histological remission in eosinophilic oesophagitis, with budesonide supported by more extensive trial evidence.

KEY POINTS

- Nine randomised controlled trials (945 patients) showed budesonide achieved a pooled risk ratio of 31.41 (95% CI: 16.13–61.15) for histological remission versus placebo, with no heterogeneity and no evidence of publication bias.
- Three randomised controlled trials (199 patients) showed dupilumab achieved a pooled risk ratio of 16.31 (95% CI: 5.77–46.09) for histological remission versus placebo, with minimal heterogeneity.
- The presenter characterised budesonide as a reliable first-line therapy based on the larger body of evidence, while positioning dupilumab as a promising alternative particularly for patients with steroid-refractory or intolerant disease.
- This material would be most relevant to gastroenterologists managing eosinophilic oesophagitis and researchers interested in comparative effectiveness of corticosteroids versus biologics in immune-mediated oesophageal disease.

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