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Summary

EOSINOPHILIC OESOPHAGITIS (EOE): RISK FACTORS, RELATIONSHIP WITH DISORDERS OF GUT-BRAIN INTERACTIONS (DGBI), AND MORTALITY

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Oesophagus

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A UK population-based study of 1.274 million patients found that eosinophilic oesophagitis is inversely associated with disorders of gut-brain interaction (IBS and functional dyspepsia) but positively associated with allergic conditions, reflux, and prior proton pump inhibitor use, with no increase in mortality.

KEY POINTS

- Among 389 EoE cases (0.03% prevalence, mean age 21 years, 74% female), IBS and functional dyspepsia were independently associated with reduced EoE risk in multivariate analysis (IBS OR: 0.19, 95%CI: 0.12-0.30; FD OR: 0.22, 95%CI: 0.17-0.30).
- Independent risk factors for EoE included female sex (OR: 4.10), prior PPI use (OR: 13.29), gluten sensitivity (OR: 9.10), H. pylori infection (OR: 2.48), allergy (OR: 1.74), asthma (OR: 1.72), and reflux (OR: 1.63).
- Mortality was significantly lower in individuals with EoE compared to those without (OR: 0.15, 95%CI: 0.03-0.59).
- This large electronic medical record study provides population-level data on EoE risk factors and may inform clinicians evaluating patients with overlapping gastrointestinal and allergic conditions.

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