

RISK FACTORS AND PREDICTORS OF ADULT EOSINOPHILIC ESOPHAGITIS (EOE) AND THE RELATIONSHIP WITH DISORDERS OF GUT-BRAIN INTERACTIONS (DGBI): A NATIONAL STUDY

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Poster

Oesophagus

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A UK primary care study of 209 adult eosinophilic oesophagitis cases found that disorders of gut-brain interaction, particularly IBS, are significantly less likely to occur in EoE patients, while allergies, H. pylori infection, and duodenitis increase EoE risk.

KEY POINTS

- Adult EoE patients have significantly lower odds of IBS (OR 0.34) and DGBIs overall (OR 0.35) in adjusted analysis, contradicting an expected overlap given shared food-antigen immune mechanisms in these conditions.
- Male sex (OR 2.93), allergy (OR 1.78), H. pylori infection (OR 2.12), and duodenitis (OR 2.39) were independent risk factors for adult EoE after adjusting for age and sex.
- EoE patients are substantially more likely to use proton pump inhibitors (OR 11.60) and anti-inflammatory agents (OR 5.58) and have lower mortality (OR 0.12) compared to the background primary care population.
- The study analyzed 1,061,813 adults from UK general practice records, identifying 209 EoE cases (0.02%), with a mean age at diagnosis of 35.7 years and 68% male predominance.

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