SIX-FOOD ELIMINATION DIET IS LESS EFFECTIVE DURING POLLEN SEASON IN ADULT PATIENTS WITH EOSINOPHILIC ESOPHAGITIS SENSITIZED TO POLLENS

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In adults with eosinophilic esophagitis sensitized to pollens, six-food elimination diet response was significantly lower when assessed during versus outside pollen season (21.4% versus 77.3%, p=0.003), while non-sensitized patients showed no seasonal variation.

KEY POINTS

- This international two-centre retrospective study included 58 consecutive adults with active EoE undergoing six-food elimination diet (SFED) for at least 6 weeks, with 62.0% positive for grass or birch pollen on skin prick testing.
- Overall SFED response rate was 56.9% (95% CI 44.1%-68.8%) regardless of pollen sensitization or season of assessment.
- In pollen-sensitized patients, histologic response to SFED was 21.4% when assessed during pollen season versus 77.3% outside pollen season (p=0.003), whereas non-sensitized patients showed no seasonal difference (66.7% versus 53.8%, p=0.67).
- The authors conclude that pollens may sustain esophageal eosinophilia in sensitized patients despite food avoidance and that skin prick testing for pollens may identify patients less likely to respond to SFED during pollen season, though further studies are needed.

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