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Summary

REAL-WORLD DATA ON EFFICACY AND SAFETY OF TOPICAL BUDESONIDE THERAPY (ORODISPERSIBLE TABLET) IN INDUCTION AND MAINTENANCE THERAPY IN ADULT PATIENTS WITH ACTIVE EOSINOPHILIC ESOPHAGITIS

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Oesophagus

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A retrospective real-world study of 232 adults with active eosinophilic oesophagitis treated with budesonide orodispersible tablets over four years found remission induction in 76.4% of patients and maintenance of remission in 74.6% at 14-24 weeks and 77.9% at 52-104 weeks.

KEY POINTS

- After 6-12 weeks of induction therapy with budesonide orodispersible tablets (2x1 mg daily), 76.4% of 212 patients achieved clinico-histological remission (dysphagia score 0-3 and ≤15 eosinophils per high-power field).
- During maintenance therapy (1x1mg, 2x0.5mg, or 1x0.5mg daily), remission was sustained in 74.6% of 114 patients at 14-24 weeks and 77.9% of 77 patients at 52-104 weeks.
- Relapse rates were 21.9% at 14-24 weeks and 16.9% at 52-104 weeks; among 38 patients receiving reinduction therapy for relapse, 42.1% achieved remission at last follow-up.
- The most common adverse event was oral-esophageal candidiasis (17.9% after induction, 7.9-15.6% during maintenance), successfully treated with oral antifungals; overall therapy discontinuation occurred in 11.6% of patients.
- This real-world cohort study may be relevant to gastroenterologists managing adults with eosinophilic oesophagitis considering topical steroid therapy options.

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