

# Eosinophilic Gastrointestinal Diseases (EGIDs)

## *The Basics & Essential Information*

**EGIDs** (pronounced *ee-oh-sin-oh-fill-ick*) are chronic medical conditions caused by an overactive immune system. They are generally recognized as an ongoing, severe form of food allergy.

When an individual has an EGID, an excessive number of **eosinophils** (a type of white blood cell involved in immune responses and inflammation) accumulate in segments of the digestive tract, leading to tissue swelling, irritation, and potential long-term damage.

## TYPES OF EGIDS

Depending on where these cells gather within the gastrointestinal tract, the diagnosis is classified differently:

**EoE (Eosinophilic Esophagitis):** Cells accumulate in excessive numbers in the esophagus (the food pipe).

**EG (Eosinophilic Gastritis):** Cells build up in the stomach.

**EC (Eosinophilic Colitis):** Cells accumulate in the colon (large intestine).

**EGE (Eosinophilic Gastroenteritis):** Cells impact multiple areas simultaneously, typically involving both the stomach and the intestines.

## SYMPTOMS & DAILY IMPACT

The resulting chronic inflammation heavily impacts digestion and overall physical wellness. Common clinical symptoms include:

- Severe abdominal pain
- Difficulty swallowing solid foods
- Frequent vomiting and nausea
- Chronic diarrhea
- Unintended weight loss
- Iron deficiencies and poor physical growth

Because these conditions are triggered by immune responses to various food groups, everyday eating poses a significant barrier. Some patients cannot tolerate standard solid foods at all and must rely entirely on specialized non-allergenic liquid formulas or surgically placed feeding tubes for daily nutrition.

## FAST FACTS & CLINICAL REALITIES

---

- **Who is Affected:** EGIDs can strike individuals at any stage of life, frequently impacting children and adolescents, as well as adults. Diagnosis requires an endoscopy followed by a microscopic analysis of tissue biopsies.
- **No Current Cure:** While customized diets and targeted medical treatments can manage symptoms and minimize flare-ups, there is no permanent cure. If left untreated, permanent structural damage to the GI tract can occur.
- **Rigorous Monitoring:** Effectively managing the disease requires consistent clinical oversight. Patients frequently undergo follow-up endoscopies every 90 days until the active inflammation is successfully stabilized.
- **Unpredictable Triggers:** Maintaining strict dietary restrictions is a daily challenge. Even with strict compliance, external variables like stress, fatigue, illness, and physical activity can adversely alter control of the disease.

---

CURED Foundation — Campaign Urging Research for Eosinophilic Disease  
A 501(c)(3) Not-for-Profit Corporation • [www.curedfoundation.org](http://www.curedfoundation.org)