Eosinophilic esophagitis in children and adults

Mayra Andrade Coutinho, Nathalia Siqueira Robert Castro, Rosilane Pacheco, Marcella Mello, Natalia Falcí Pedroso, Pablo Torres, Jorge Kalil, Fabio F.M. Castro, Ariana C. Yang
Serviço de Imunologia Clínica e Alergia, Hospital das Clínicas, Universidade São Paulo, Brazil

Aims: The characteristics of Eosinophilic esophagitis (EoE) varies depending on the patient’s age. So, our aim was to compare atopic features and allergic sensitization between children and adults with EoE.

Methods: We conducted a retrospective analysis of demographic and clinical data researched through clinic’s registration system in a tertiary clinic in São Paulo, Brazil. Data were collected regarding patient characteristics, history of atopic diseases, and allergy test results. Sensitization to food allergens was assessed by the skin prick test and/or specific serum IgE. The EoE diagnosis was confirmed by endoscopy and biopsy.

Results: We studied 45 patients, of whom 23 children (aged 5-18 years) and 22 adults (aged 19-71 years). They all had biopsy-proven diagnosis of EoE. The majority of children (87%) and half adults (50%) were male patients. There was no statistically significant difference between adults and children regarding history of allergic rhinitis, atopic dermatitis, and asthma, atopic rate was 67%. Compared with adults, a higher percentage of children showed immediate-type sensitization to one or more foods (78% versus 13%). Children had a significantly higher rate of milk IgE sensitization (74%) and positive patch test to foods while adults shows sensitization to others foods like peanuts, eggs, wheat and fruits (kiwi and banana).

Discussion: Eosinophilic esophagitis is a chronic inflammatory disease of undefined pathogenesis, in which there is infiltration of eosinophils in the esophageal mucosa. The literature shows that there is a male predominance and can occur at any age. These data were confirmed in this study (69% male). The atopy, which is described in the literature as ranging from 50 to 80%, had a similar finding in this study: 67%. And when evaluating immediate-type sensitization, as others studies, our results have shown that children have a higher percentage of this type of reaction, and also a higher rate of milk IgE sensitization.