Adaptive Behaviors in Eosinophilic Esophagitis

Recognizing adaptive eating behaviors is important for accurate EoE assessment and management.\(^1\)\(^-\)\(^5\)

Most patients with EoE develop adaptive eating behaviors to avoid dysphagia and food impaction.\(^5\)\(^-\)\(^7\)

Many patients are not aware of their own adaptive behaviors.\(^5\)\(^-\)\(^7\)

- mbibe fluid with meals\(^1\)
- odify food (cut, puree)\(^1\)
- rolong mealtimes\(^1\)
- void hard texture foods\(^1\)
- hew excessively\(^1\)
- urn away tablets/pills\(^1\)

What is the IMPACT of adaptive eating behaviors?

Adaptive behaviors correlate with\(^5\)\(^-\)\(^7\):
- Active EoE
- Decreased esophageal distensibility
- Reduced quality of life

Are you asking the right questions?\(^2\)

- Are you afraid to swallow pills?
- Do you always need a liquid to swallow foods?
- How long does it take you to eat meals?
- Do you have any foods or textures that you consider "unsafe"?

Take the Next Steps

Multidimensional assessment, including esophageal biopsy and endoscopy, is needed to monitor disease activity.\(^3\)\(^-\)\(^8\)\(^-\)\(^10\)

- Symptoms
- Endoscopic findings
- Histologic features
- Quality of life

EoE, eosinophilic esophagitis.


Educational content has been developed in collaboration with medical experts. ADVENT is a medical education non-promotional program for healthcare professionals organized by Sanofi and Regeneron.

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