

## Epidemiologic Characteristics and Clinical Pattern of Eosinophilic Esophagitis: Single Centre Experience

Mohammed Attieh Alzahrani, MD\* Mohammed Abdullah Alshehri, MBBS\*\* Loai Abdullah H Rassam, MBBS\*\* Kholoud Ali Alrobaie, MBBS\*\* Dalia Abdullah Al Mubarak, MBBS\*\* Mofareh Ahmed Mofareh Asiri, MBBS\*\* Abdullah Mohammed Thalibah, MBBS\*\* Mushabab Saeed Hammad, MD\*\*\* Khalid Youssif Nabrawi, MD\*\*\* Abdullah Mohammed Alshehri, MD\*\*\*

### ABSTRACT

**Background:** Eosinophilic esophagitis (EoE) is a progressively documented disorder in adults presenting with dysphagia and chest pain. EoE is featured by eosinophilic infiltration of the Esophageal mucosa; its pathogenesis is unknown. All patients with suspected EoE must undergo Esophageal mucosal biopsies to confirm the diagnose. Endoscopy had certain but variant features among EoE cases.

**Objective:** This study aimed to identify the epidemiologic characteristics and clinical pattern of Eosinophilic Esophagitis in a single centre, Aseer region, Saudi Arabia.

**Methods:** A record based retrospective study was conducted targeting all patients diagnosed with eosinophilic esophagitis in ACH during the period from 1990 to 2021. Data were extracted using pre-structured data extraction sheet to avoid data extraction error. Data extracted included patients' demographic data, past medical history, presenting clinical symptoms, laboratory findings, endoscopic findings, biopsy results, and medications prescribed. Data extracted were filtered and then fed to excel sheet for raw data presentation.

**Results:** A total of 91 patients fulfilling the inclusion criteria were reviewed. Patients ages ranged from 6 to 65 years with mean age of 26.6 12.5 years old. Exact of 79 (86.8%) patients were males. The most reported clinical symptom was dysphagia (67%), followed by food impaction (33%), Barret's oesophagus (14.3%), and heartburn (3.3%). The most frequent Endoscopic findings were wrings (41%), followed by Trachealization (38%), linear grove (31%), stricture (29%), white exudate (27%), esophagitis (19%), mucosal oedema (10%), and oesophageal ulcer (9%).

**Conclusion:** In conclusion, the study showed that, EoE was more among males in their middle age with eating disorders due to dysphagia, and food impaction. These clinical complaints were associated with oesophageal changes and functional disability due to inflammatory changes with wrings, and strictures.

**Keywords:** Eosinophilic esophagitis, Clinical features, Epidemiology, Diagnosis, Endoscopy

*Bahrain Med Bull 2022; 44 (1): 832 - 836*

---

\* Associate Professor, College of Medicine  
King Khalid University  
Gastroenterologist Consultant, Aseer Central Hospital  
Saudi Arabia. E-mail: dr\_mohdaz@hotmail.com

\*\* Medical Student

\*\*\* Gastroenterologist Consultant  
Aseer Central Hospital  
Saudi Arabia