

LIVING SYSTEMATIC REVIEW

EOSINOPHILIC ESOPHAGITIS

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01 INTRODUCTION

Eosinophilic Esophagitis is a chronic immune-mediated condition where eosinophils infiltrate the esophagus leading to inflammation which causes dysphagia, food impaction, pain, heartburn, ↓ **quality of life**.

Once considered rare, it has become increasingly prevalent over the past decade, now affecting ~1 in 1,000 people worldwide. This rise has made EoE a **major focus of clinical research**. The rapid growth of research makes it essential that clinicians have access to clear, compiled evidence to guide decision-making.

02 OBJECTIVE

Develop a **Living Systematic Review** of treatments for Eosinophilic Esophagitis, which involves:

Continuously updating evidence as new studies are published, since the field is rapidly advancing,.

Providing up-to-date, reliable guidance for clinicians worldwide.

03 RESULTS (compared to placebo)

Steroids → strong histological benefit (high certainty); modest clinical effect.

PPIs & Diet → no placebo-controlled trial evidence.

Biologics → mixed results; anti-IL-13 / anti-IL-4r show promise (moderate certainty).

Maintenance → corticosteroids likely effective; data lacking for others.

05 ANALYSIS

Outcomes were compared across studies:

Histological → measured using peak eosinophil count per high-power field.

Clinical → assessed via symptom questionnaires and scores.

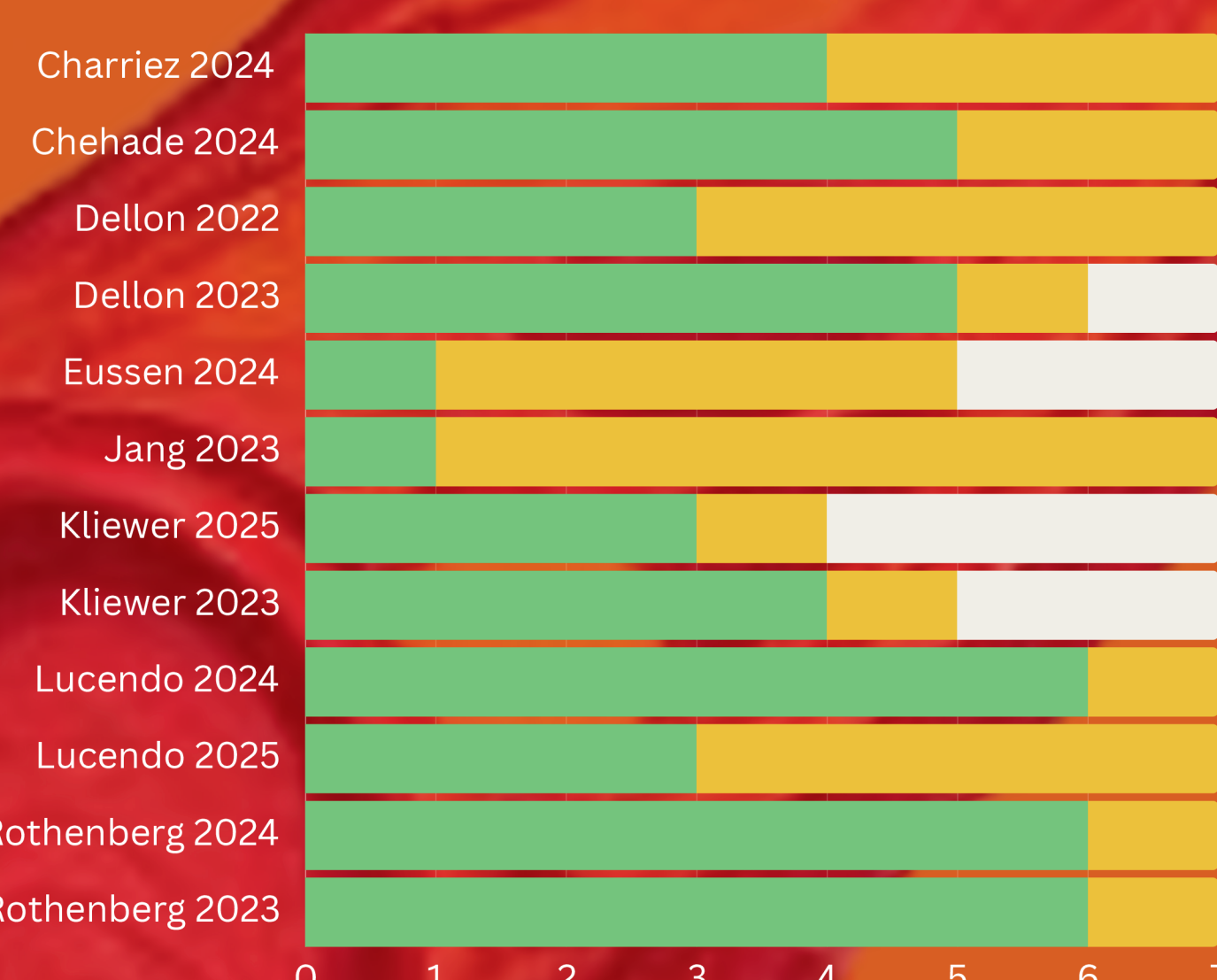
Endoscopic → measured using the Endoscopic Reference Score.

Secondary outcomes: Serious & total adverse events, withdrawals and Quality of life

LATEST FINDINGS FROM THE LIVING REVIEW!

Risk of Bias

● Low risk ● Unclear risk ● High risk



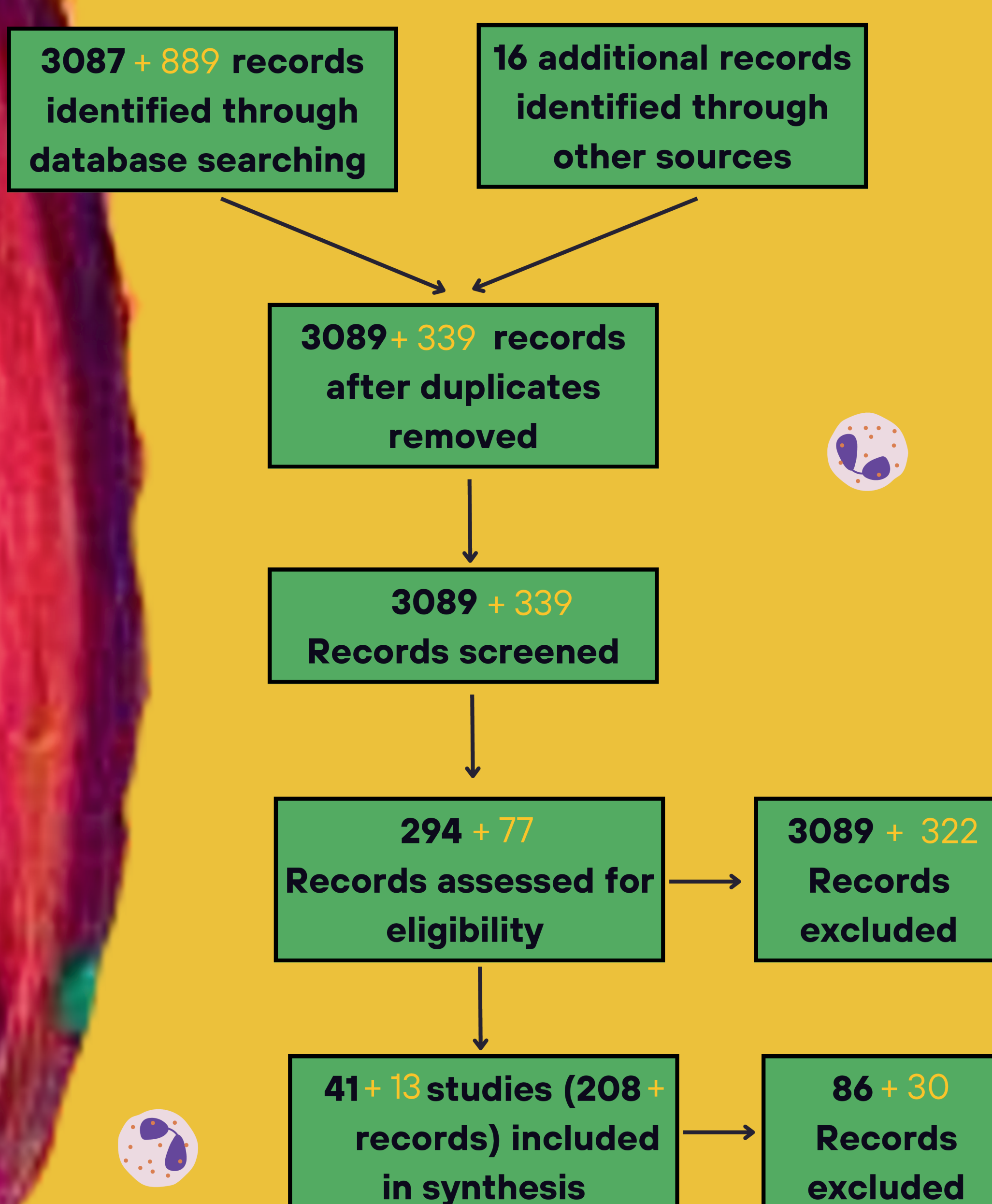
Studies varied in quality, and the bar chart shows the proportion judged as low risk, some concerns, or high risk of bias.

06 CONCLUSION

The Cochrane 2023 review was the most comprehensive synthesis of EoE treatments to date. Moving to a Living Systematic Review keeps evidence current as new studies emerge, supporting **clinicians** with up-to-date guidance, improving **patient** access to effective therapies, and strengthening the foundation for future **research**.

04 METHODOLOGY

Study types: **Randomized Control Trials**



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