

# LIVING SYSTEMATIC REVIEW

## EOSINOPHILIC ESOPHAGITIS



FUNDED BY  
**NIHR** | National Institute for  
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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.

### 04 METHODOLOGY

Study types: **Randomized Control Trials**

3087 + 889 records  
identified through  
database searching

16 additional records  
identified through  
other sources

3089 + 339 records  
after duplicates  
removed

3089 + 339  
Records screened

294 + 77  
Records assessed for  
eligibility

3089 + 322  
Records  
excluded

41 + 13 studies (208 +  
records) included  
in synthesis

86 + 30  
Records  
excluded



### 05 ANALYSIS

Outcomes were compared across studies:



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



**Clinical** → assessed via symptom questionnaires and scores.

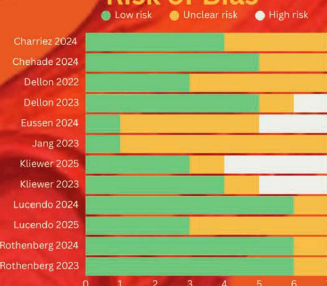


**Endoscopic** → measured using the Endoscopic Reference Score.

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

LATEST FINDINGS FROM THE LIVING REVIEW!

#### Risk of Bias



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

### 06 CONCLUSION

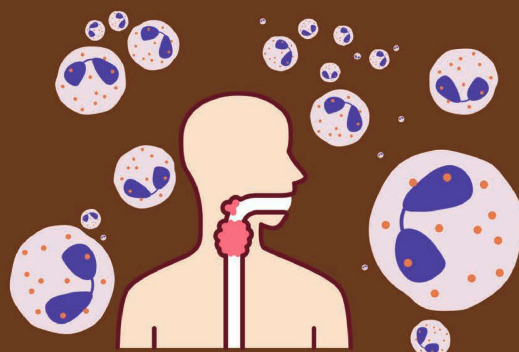
The Cochrane 2023 review was the most comprehensive synthesis of EoE treatments to date. Moving to a Living Systematic Review keeps evidence current as new studies emerge, supporting **clinicians** with up-to-date guidance, improving **patient** access to effective therapies, and strengthening the foundation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

COCHRANE REVIEW 2023

LIVING SYSTEMATIC REVIEW

FUTURE UPDATES!

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