



**Connecticut Multispecialty Group, P.C.**  
*Leaders in Integrated Medical Care*

FTR

HB 5432

February 18, 2013

To Whom It May Concern,

My name is Jigisha Morosky, M.D., I am a practicing Allergist/Immunologist in Connecticut. I currently take care of several patients with eosinophilic esophagitis (EoE).

Eosinophilic esophagitis represents a chronic, immune/antigen-mediated esophageal disease that is characterized by eosinophilic inflammation in the esophagus and symptoms of esophageal dysfunction.

Eosinophilic esophagitis is a relatively new disease with much that still needs to be learned. What we do know is that it is a chronic lifelong disease that can occur at any age with significant associated morbidity. Possible EoE complications include esophageal stricture, narrow-caliber esophagus, food impaction, and perforation. These complications can usually be avoided with adequate treatment.

Medical literature continues to demonstrate that use of dietary therapy leads to near-complete resolution of both clinical and histological abnormalities. Currently there are 3 dietary regimens that have been shown to be effective. First is the use of amino acid-based formula, second is dietary restriction based on allergy testing (multimodality) and third is dietary restriction based on eliminating most commonly associated antigens. Of the three, elemental formula has shown to be the most effective dietary therapy, and in some patients the only dietary therapy that provides adequate control.

Available data suggests that tolerance to foods associated with EoE is unlikely to develop spontaneously. In other words, patients with EoE would need to follow life long dietary restriction.

Currently there are no FDA medications approved for the treatment of eosinophilic esophagitis. Based on evidence from several studies, clinicians often use topical steroids for both induction of remission and maintenance. However steroid resistance in some patients has been reported. In these patients dietary restriction is the only option available in helping to control their disease. Furthermore, the only dietary restriction that may work in some of these patients may be elemental formula.

In conclusion, until we have any major medical breakthroughs in treatment, eosinophilic esophagitis is a chronic, lifelong disease that requires therapy indefinitely.

Sincerely,

Jigisha Morosky, M.D.  
Allergist/Immunologist  
Connecticut Multispecialty Group

Information discussed above can be found in the most recent consensus recommendations:

Liacouras CA, et al. Eosinophilic esophagitis: updated consensus recommendations for children and adults. *J Allergy Clin Immunol* 2011 (July); 128(1):3-20 (E6).