

MYSTERIOUS CONDITION MAKES IT HARD TO SWALLOW



Cases of "EoE" have risen significantly in all ages, puzzled doctors search for cause

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The Ohio State University Wexner Medical Center

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SUGGESTED TEASE	STILL TO COME, A MYSTERIOUS CONDITION THAT CAN TURN A MEAL INTO A TRIP TO THE EMERGENCY DEPARTMENT. DETAILS ON A SCARY ALLERGIC REACTION KNOWN AS "E-O-E" - AND WHO MAY BE AT RISK, NEXT IN HEALTH NEWS.
ANCHOR LEAD	IMAGINE SITTING DOWN TO A MEAL, ONLY TO END UP IN THE EMERGENCY DEPARTMENT BECAUSE IT'S NEARLY IMPOSSIBLE TO SWALLOW. THAT'S A TERRIFYING REALITY FOR A GROWING NUMBER OF AMERICANS WHO SUFFER FROM A MYSTERIOUS CONDITION KNOWN AS "E-O-E." CLARK POWELL SHOWS US WHO MIGHT BE AT RISK AND WHAT DOCTORS ARE DOING TO TREAT IT.
	(Nats -Andy shopping at the market) :02
CG: Courtesy: The Ohio State University Wexner Medical Center Andy walking into market Andy reading labels and shopping	A TRIP TO THE MARKET TAKES A LITTLE LONGER FOR ANDY LUTZ (<i>pronounced</i> : "loots"). ANDY HAS SEVERAL FOOD ALLERGIES, SO BEFORE HE BUYS ANYTHING, HE READS EVERYTHING ON THE LABEL. BUT A FEW YEARS BACK, NO MATTER HOW CAUTIOUS HE WAS, ANDY STARTED HAVING REACTIONS TO FOOD FOR NO APPARENT REASON. :15
CG: Andy Lutz Has eosinophilic esophagitis :15 - :25	"I referred to it in my house as my irrational fear of choking because I thought it was I had just psyched myself out.":10
Andy ordering food Andy sitting down to eat Shot of Andy eating food	URNS OUT IT WASN'T IRRATIONAL AT ALL. DOCTORS DIAGNOSED ANDY WITH E-O-E - OR EOSINOPHILIC ESOPHAGITIS (<i>pronounced</i> : ee-oh-sin-uh-FILL-ic uh-soph-uh-GEYE-tus). IT'S A MOUTHFUL TO SAY AND FOR GROWING NUMBER OF AMERICANS, CAN MAKE IT DANGEROUSLY HARD TO SWALLOW. :12

<p>CG: Dr. Princess Ogbogu Ohio State's Wexner Medical Center :37 - :44</p>	<p>"In a worst case scenario, they might actually get a food impaction where they swallow and the food actually gets stuck in the esophagus and it needs to be removed." :07</p>
<p>Doctor walks into exam room</p> <p>Taking stethoscope from pocket</p> <p>Graphic of esophagus with EOE</p> <p>Shots of patient exam</p>	<p>DOCTOR PRINCESS OGBOGU (<i>pronounced: uh-BAH-goo</i>) IS AN ALLERGIST AT THE OHIO STATE UNIVERSITY WEXNER MEDICAL CENTER.</p> <p>SHE SAYS DOCTORS AREN'T SURE WHAT TRIGGERS E-O-E, BUT THEY DO KNOW IMMUNE CELLS - CALLED EOSINOPHILS CAUSE THE ESOPHAGUS TO SWELL. IN SOME CASES IT'S NEARLY SWOLLEN SHUT.</p> <p>DIAGNOSING IT CAN BE TRICKY BECAUSE IN MOST CASES THE SWELLING IS VERY GRADUAL - AND E-O-E CAN AFFECT PEOPLE WHO AREN'T EVEN AWARE THEY HAVE ALLERGIES. :23</p>
<p>Dr. Ogbogu (CG'd earlier)</p>	<p>"Patients might be eating foods which are causing the eosinophils to go to the esophagus without knowing it, and maybe over time they develop enough inflammation that they start having symptoms." :09</p>
<p>Wide shot / blur for graphic</p> <p>Symptoms of EoE</p> <ul style="list-style-type: none"> -Trouble swallowing -Abdominal pain during or after meals -Acid reflux that doesn't respond to medication <p>Patient using inhaler</p> <p>Shots of Andy eating</p>	<p>THOSE SYMPTOMS INCLUDE TROUBLE SWALLOWING, ABDOMINAL PAINS DURING OR AFTER MEALS OR ACID REFLUX THAT DOESN'T RESPOND TO MEDICATION.</p> <p>IF A BIOPSY CONFIRMS E-O-E, AN ALLERGIST MAY CHANGE YOUR DIET OR GIVE YOU A TOPICAL STEROID LIKE THIS - WHICH WILL HELP REDUCE SWELLING AND YOUR RISK OF CHOKING.</p> <p>AT OHIO STATE'S WEXNER MEDICAL CENTER, THIS IS CLARK POWELL REPORTING. :22</p>
<p>ANCHOR TAG</p>	<p>A DECADE AGO THERE WERE ONLY A HANDFUL OF DOCUMENTED CASES OF E-O-E - TODAY, EXPERTS SAY IT MIGHT AFFECT AT LEAST ONE IN 2-THOUSAND AMERICANS - AND PROBABLY MUCH MORE THAN THAT, SINCE IT OFTEN GOES UNDIAGNOSED.¹</p> <p>FOOD IS ONE TRIGGER FOR E-O-E, BUT IT MAY ALSO BE LINKED TO ALLERGENS IN THE AIR AND WITH CONDITIONS LIKE ASTHMA.</p>
<p> Share it! Suggested tweet:</p>	<p>You may have never heard of Eosinophilic Esophagitis but allergists @OSUWexMed are calling it the next big allergic response: bit.ly/EoEinfo</p>
<p> Suggested post:</p>	<p>Ever heard of Eosinophilic Esophagitis (EoE)? You're not alone - but this new type of allergic reaction is on the rise and could be causing a lot of unexplained symptoms for you or those you love. Find out more about EoE here: bit.ly/EoEinfo</p>
<p>References -</p>	<p>¹<i>Prevalence of Eosinophilic Esophagitis in the United States, Clinical Gastroenterology and Hepatology, Volume 12, Issue 4, April 2014.</i> Online:</p>

	http://www.cghjournal.org/article/S1542-3565(13)01304-9/abstract
	Extra Bites
CG: Dr. Princess Ogbogu Ohio State's Wexner Medical Center	<p><i>Dr. Ogbogu talks about who can have EoE -</i> "We see it in both adults and we see it in children, and depending on the age of the patient we sort of see a different patient presentation, but it all stems down to having problems with swallowing."</p> <p><i>Dr. Ogbogu explains EoE symptoms -</i> "In adults, we tend to see more symptoms of difficulty swallowing, so if they eat something they might feel like it gets stuck. They might feel like they need to take extra drinks of water to push it down."</p> <p><i>Dr. Ogbogu explains the need for more research -</i> "So we know there's certainly a link to food allergy, possibly, and environmental allergies, but there's still a lot of research to be done in this field."</p>
CG: Andy Lutz Has eosinophilic esophagitis	<p><i>Lutz explains how bad the symptoms were -</i> "I was going to the store to buy liquid Tylenol cause I didn't want to take the pill because it would become lodged in my throat."</p> <p><i>Lutz explains how his EOE is difficult to track at times -</i> "There's been a number of times where it's kind of snuck up on me. I've had foods that I've eaten for years, and all of a sudden they add peas as a small ingredient, and I eat that food and I'm allergic to that food, so it's happened with strange things that you wouldn't expect."</p>
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