

Questions to ask your health care provider about EoE

Preparing questions ahead of your health care provider's appointment can help guide a productive conversation and ensure you receive comprehensive care for both the physical and emotional aspects of EoE.

Checking in: Diet, medication, wellbeing, and symptom control

- 1 How important is diet in managing EoE, and what dietary changes might help me?
- 2 What should I do if sticking to my diet and avoiding my trigger foods is affecting my quality of life?
- 3 What should I do if my medication is negatively affecting my quality of life (due to side effects, process of taking medication, difficulty keeping up with doses, etc.)?
- 4 How can I manage the anxiety and stress associated with EoE?
- 5 Can you connect me with resources or specialists who can support me with the emotional impact of EoE?

Planning ahead: Future symptoms and disease progression

- 6 Could my treatment plan change over time, and how would we make that decision together?
- 7 What are other available treatment options if I'm unhappy with my current plan?
- 8 What does "clinical remission" mean and how is it different from just managing my symptoms?
- 9 Are there specific tests, procedures, or signs to look for to know if I've reached clinical remission?
- 10 Do I still need to maintain my treatment plan if I reach clinical remission?
- 11 How often should I have follow-up appointments, tests, or procedures to monitor my condition?

Navigating EoE can be overwhelming—but asking questions and staying informed are necessary steps in managing your health. Your health care providers are there to support you, so don't hesitate to bring up your concerns, ask for clarification, or request additional resources.



If you ever feel uncertain or need more support, consider reaching out to a registered dietitian, mental health professional, or patient support group. Connecting with others who understand what you're going through can make a big difference.