

Elevate Your EoE Knowledge: Practical Guidelines for Future-Focused Healthcare

Test Questions

1. Which combination of findings is required to establish a diagnosis of eosinophilic esophagitis (EoE)?
 - a. Esophageal symptoms with positive food allergy testing the lack of nutrition guidelines in critical illness
 - b. ≥ 15 eosinophils/high-power field on biopsy and symptoms of esophageal dysfunction
 - c. Failure of proton pump inhibitor therapy and endoscopic strictures
 - d. Elevated serum IgE levels with feeding difficulties
2. Which statement best describes the role of dietary therapy in the management of EoE based on current evidence and guidelines?
 - a. Allergy testing–based elimination diets are preferred due to high efficacy
 - b. One-food elimination diets are equivalent to broader elimination approaches
 - c. Dietary therapy may be effective for selected patients but has variable response
 - d. Dietary therapy is recommended as first-line treatment for all pediatric patients
3. According to current AGA/JTF and ACG guideline recommendations, which treatment option has the strongest quality of evidence for EoE management?
 - a. Testing-based elimination diets
 - b. One-food elimination diet (milk only)
 - c. Swallowed topical corticosteroids
 - d. Empiric single-food elimination followed by step-up therapy
4. Which statement best reflects current guideline recommendations regarding the use of empiric elimination diets in the management of eosinophilic esophagitis (EoE)?
 - a. Empiric elimination diets should be guided by allergy testing to improve response rates
 - b. Empiric elimination diets may be an appropriate treatment option when selected through shared decision-making and applied with careful monitoring
 - c. Empiric elimination diets are recommended as the only first-line treatment for pediatric EoE
 - d. Empiric elimination diets have consistently demonstrated superior efficacy compared with swallowed topical steroids
5. According to the 2025 American College of Gastroenterology (ACG) Clinical Guidelines, which statement best reflects the recommended approach to dietary therapy for patients with eosinophilic esophagitis (EoE)?
 - a. The ACG recommends allergy testing–based elimination diets as the preferred dietary approach
 - b. The ACG suggests empiric food elimination diets as a treatment option but does not support allergy testing to direct elimination
 - c. The ACG recommends one-food elimination diets as equivalent to pharmacologic therapy
 - d. The ACG advises against the use of any dietary therapy in the management of EoE

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