

LET'S GET TO KNOW EGID

What's happening in my tummy, and how can we help?

What is EGID?

Sometimes, our bodies send extra "helper cells" to our tummy. These cells are called **eosinophils** (said like ee-o-sin-o-fils).

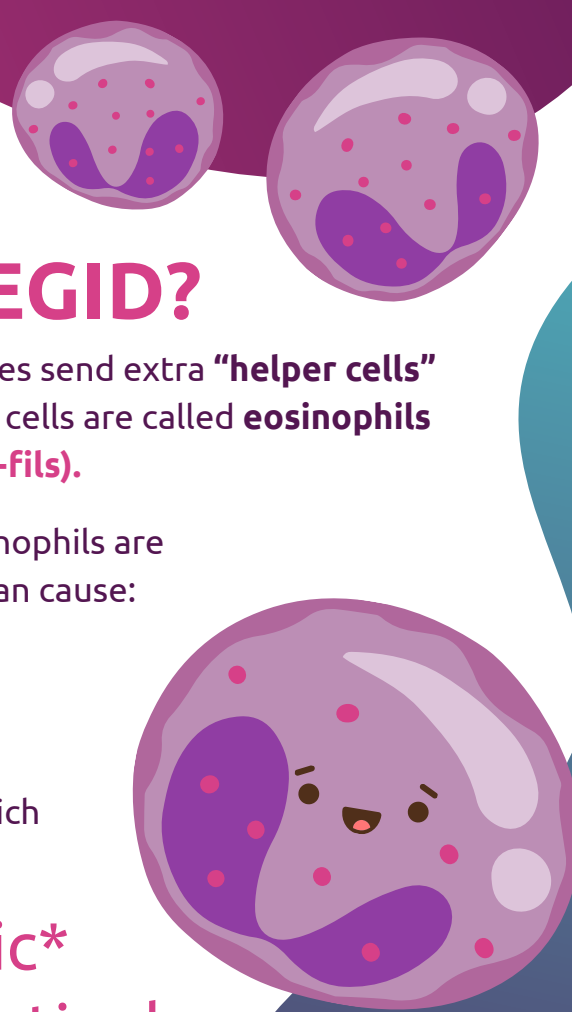
When too many eosinophils are in our tummy, they can cause:

- swelling
- pain
- tummy troubles

This causes EGID, which is a nickname for:

Eosinophilic* Gastrointestinal Disorders

*said like ee-o-sin-o-fil-ik



Living with EGID

EGID is a **chronic condition**, which means it is something you will manage **throughout your life**.

Symptoms may come and go - this is normal.

It's important to talk about this with your family, your doctors, and dietitian to ensure you are on the **right treatment plan**.

Getting help and living well with EGID means still doing the things you enjoy like **going to school, playing, and spending time with your friends**.

What can symptoms feel like?

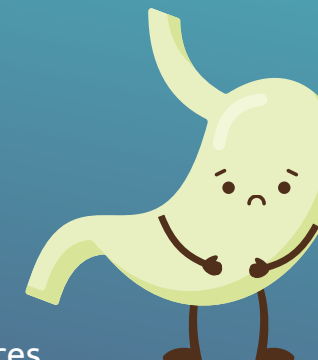
Every child is different, and symptoms can come and go.

Common feelings include:

- tummy pain or cramps
- needing to cough
- feeling sick or vomiting
- diarrhoea or constipation
- feeling bloated
- not feeling hungry
- avoiding certain foods or textures
- tiredness

Some children experience:

- food sticking when they swallow
- poor weight gain or weight loss
- trouble sleeping
- blood in poo
- needing to rush to the toilet

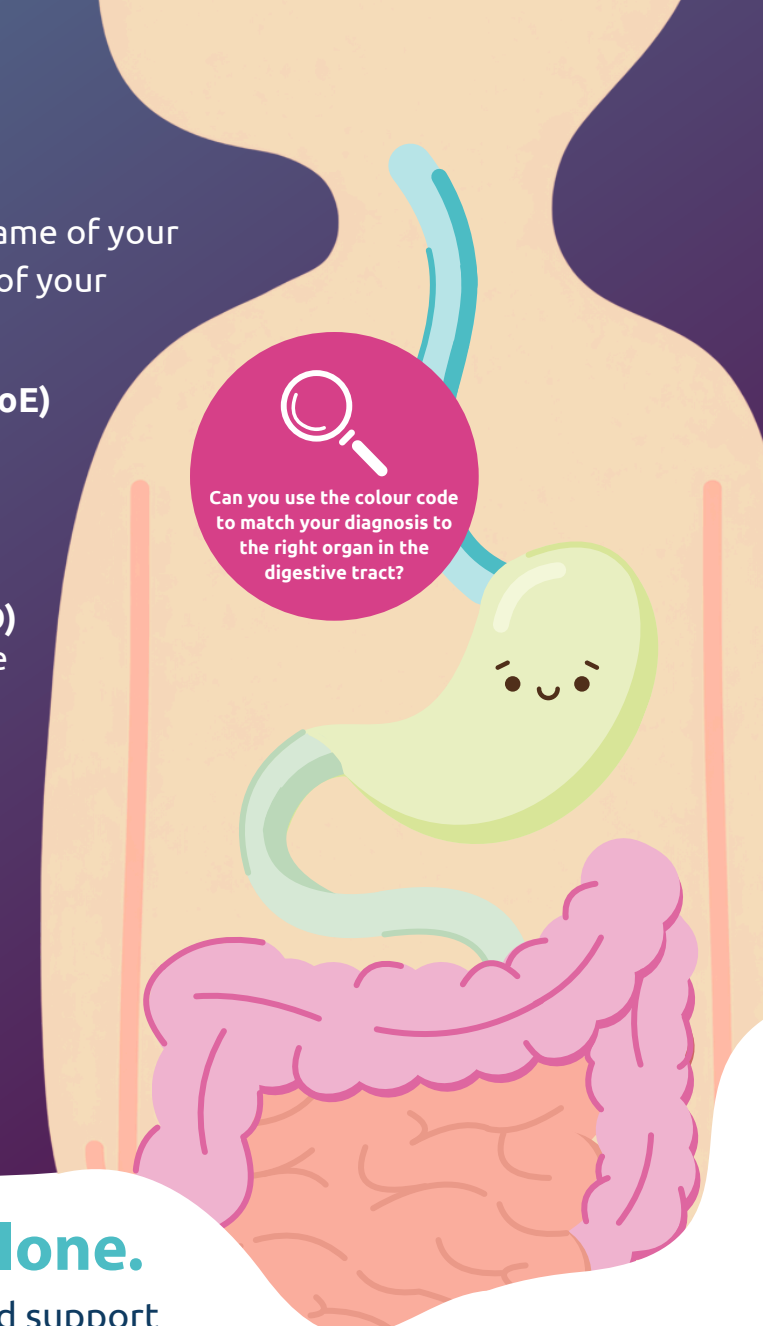


Types of EGID

EGID is an **umbrella term** - the name of your condition depends on which part of your tummy is affected:

- **Eosinophilic Oesophagitis (EoE)** oesophagus
- **Eosinophilic Gastritis (EoG)** stomach
- **Eosinophilic Duodenitis (EoD)** first part of the small intestine
- **Eosinophilic Enteritis (EoN)** small intestine
- **Eosinophilic Colitis (EoC)** large intestine (colon)

Some people may have more than one area affected.



You are not alone.

Your family, doctors, and support groups are here.

How is EGID managed?

Your care team works with you and your family. This may include:

Finding answers

- Talking about symptoms
- Performing tummy tests (like looking at your tummy with a camera)

Treating you

- Giving medicines to calm inflammation
- Changing what you eat
- Recommending support to help with questions or worries

Access more resources at **EOS Network**

 www.eosnetwork.org

UK Registered Charity No.
1198883

