

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

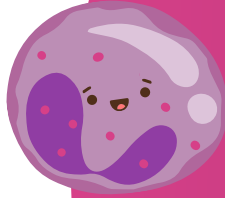
This causes EGID, which is a nickname for:

Eosinophilic* Gastrointestinal Disorders

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

It is important to know that:

- ✓ EGID is **NOT** contagious, meaning you **cannot pass it on** to your friends or family
- ✓ You didn't do anything wrong to cause it - all of **our bodies are unique!**



Living with EGID

EGID is a **chronic condition**, which means it is something you will manage **throughout your life**. Symptoms may come and go, some days may be good, just OK, or more challenging - this is normal.

Its 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**.

To support you, your doctors should:

- **Listen** to how you are feeling
- Have **regular follow-ups** to check on your progress
- Talk about **how to help you** with school and daily life

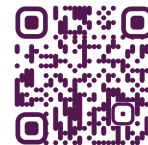
You are not alone.

Your family, doctors, and support groups are here.

Access more resources at **EOS Network**



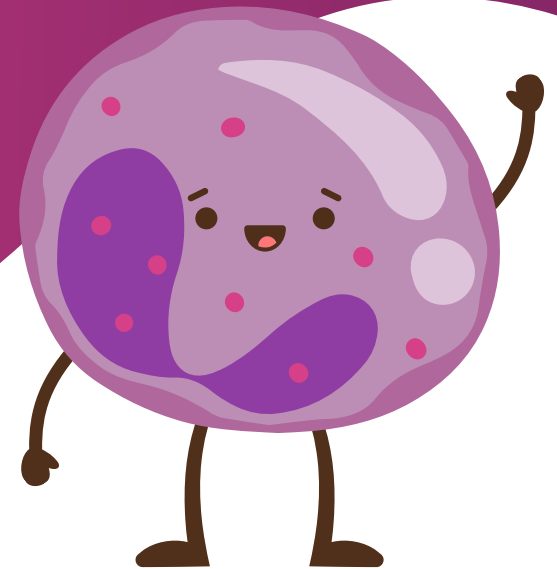
www.eosnetwork.org



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LET'S GET TO KNOW EGID

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



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.

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

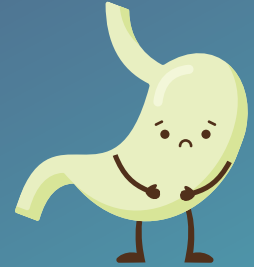
- Giving medicines to calm inflammation
- Changing what you eat
- Recommending support to help with questions or worries

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

Doctors know symptoms can be frustrating, but there are things they can do to help.

It is important to know that:

- Food allergy tests **DO NOT** usually guide EGID diets
- Treatment plans can **change as you grow**



Can you use the colour code to match your diagnosis to the right organ in the digestive tract?

