



# EoE & Therapy

## QUALITY OF LIFE INTERVENTIONS

### Summary:

- *EoE can often have a significant impact on quality of life for patients.*
- *Reduction in quality of life can lead to anxiety and/or depressive issues.*
- *Cognitive Behavioral Therapy (CBT) can help to provide relief for EoE patients.*

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## Mental Health Issues Related to EoE

Eosinophilic Esophagitis (EoE) is a relatively new chronic inflammatory disease with an uncertain and likely multi-factorial etiology. A significant amount of disease management is left to the patient and treatments such as therapeutic diets are stressful and can negatively impact quality of life.

### Anxiety-related Issues:

- General concern about EoE as a relatively new disease within the realm of GI illnesses.
- Fear of future progression and long-term effects of reliance on steroid treatments.
- Panic during episodes of choking sensations and embarrassment associated with public episodes.
- Possibility of ER visit due to unresolved choking attack.
- Distress over possible food cross-contamination occurrences when dining outside the home.

### Depression-related Issues:

- Impact on eating and change in food-related behaviors, such as having to make special food selections and modifying daily diet.
- Stress in situations involving socializing and eating.
- Effects on socializing and concerns about perceptions from friends and family.
- Change in quality of social experiences.
- Avoidance of novel situations or previously enjoyable activities.
- Negative self-perception due to reactions from strangers, coworkers, etc.
- Possible negative impact on job performance.

## Help Through Therapy

Cognitive Behavioral Therapy (CBT) is a therapeutic approach which aims to solve problems utilizing goal-oriented and systematic procedures, very often in a limited number of sessions.

CBT is effective for both anxiety and depressive symptoms. An EoE patient can be taught to identify troublesome thoughts and behaviors and then learn specific skills to change those behaviors and thoughts into something more adaptive. This allows challenging situations to be viewed more clearly and responded to more effectively.

When our circumstances won't change, then our thinking must.

