



We support ausEE's EOS Awareness Week (5 – 11 August 2018)

What is National EOS Awareness Week?

Every year, ausEE hosts National EOS Awareness Week to raise awareness for eosinophilic gastrointestinal disorders (EGIDs) in Australia.



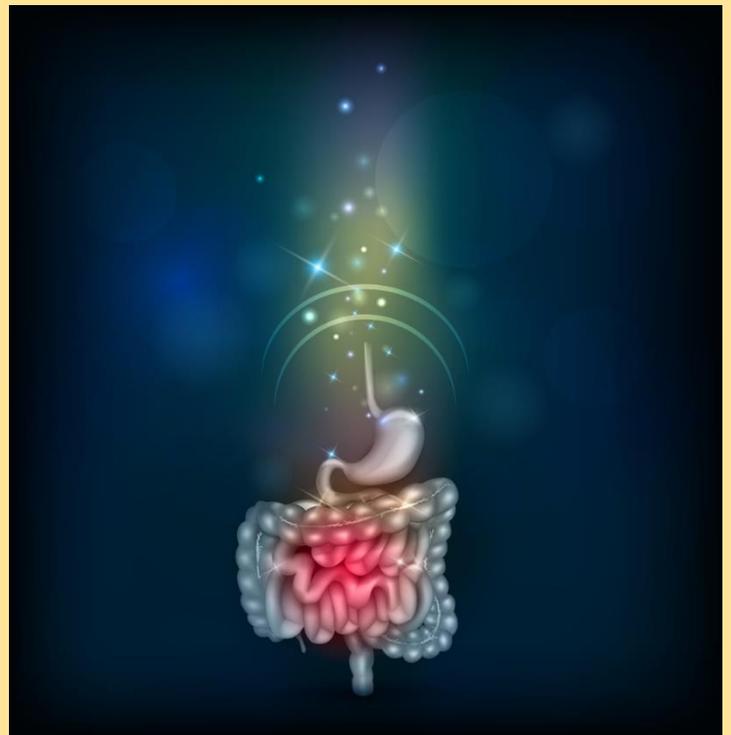
What are Eosinophilic Gastrointestinal Disorders (EGIDs)?

EGIDs occur when eosinophils, a type of white blood cell, are found in above normal amounts within the gastrointestinal tract.

Symptoms vary from one individual to the next and can include: feeding difficulty, poor appetite, difficulty swallowing, nausea, vomiting, abdominal pain, failure to thrive, food impaction and difficulty sleeping.

Endoscopy and biopsy is the ONLY way to confirm the diagnosis of an EGID. Eosinophilic oEsophagitis is the most common EGID and the current estimated prevalence is as many as 1 per 2,000 individuals.

Please visit www.ausee.org to learn more about eosinophilic disorders.



On their website you will find resources and ideas to raise awareness including how to take the ausE Top 8 Challenge on Wednesday 8 August!



Top 8 Challenge: <https://www.top8challenge.com/>

The Top 8 challenge is as much about raising awareness as it is about raising funds for the cause.

The idea is to invite your friends and family to take the challenge with you as a way to gain some understanding of what it can be like living with an EGID.



On Wednesday 8 August 2018 you can choose how many of the top allergenic foods you remove from your diet. You might choose to go only without milk or no wheat and egg or eliminate as many of the top 8 foods you can, up to removing all top 8 foods (that means no milk, eggs, wheat, fish, peanuts, tree nuts, soy or shellfish)!

