EnteroTrack™

PRACTICAL MONITORING USE CASES FOR PATIENTS WITH ESTABLISHED EOSINOPHILIC ESOPHAGITIS

1 When Symptoms May Not Tell the Full Story

A patient may report few or no symptoms while underlying esophageal inflammation remains active. The String Test can provide objective information to help determine whether symptom improvement is consistent with disease control.

Symptoms should not be used in isolation to assess EoE activity because they do not always correlate with endoscopic or histologic findings.[1,2,3,4,5]

2 Following a New Treatment or Intervention

Use the String Test to evaluate progress after initiating or changing an EoE treatment, including: Food elimination therapy, Proton pump inhibitor therapy, Swallowed topical corticosteroids, Biologic therapy, Changes in medication dose, formulation, or adherence.[1,2,3,4]

3 Managing Food Elimination and Reintroduction

Dietary management can require repeated assessments as foods are removed or reintroduced. The String Test can support a stepwise approach by helping clinicians: Evaluate response to an initial elimination diet, Assess disease activity after individual foods are reintroduced, Identify potential dietary triggers, Monitor patients without requiring an endoscopy after every dietary change.[4]

4 Long-Term Maintenance Monitoring

EoE is a chronic condition that requires ongoing assessment. The String Test may be used during maintenance therapy to help: Confirm continued disease control, Detect a potential loss of response, Evaluate adherence or treatment interruptions, Support decisions about whether therapy should be continued or adjusted.[1,2,3,4]

5 Reducing the Burden of Repeated Monitoring

For patients who require frequent assessment, the String Test offers a minimally invasive monitoring option that may help reduce reliance on repeated sedated endoscopies while providing objective information about esophageal inflammation. Clinical studies have evaluated the String Test for detecting disease activity and monitoring therapeutic changes in EoE.[6]

The use cases listed are intended as general guidance. Clinical judgment should always be used to determine whether the Esophageal String Test is appropriate for each individual patient. For more information, please contact **info@enterotrack.com**.

References

1. Ackerman SJ, Kagalwalla AF, Pan Z, Wechsler J, Keeley K, Gonsalves N, Hirano I, Zalewski A, Menard-Katcher P, Menard-Katcher C, Gupta SK, Chauhan N, Grozdanovic M, Atkins D, Nguyen N, Furuta GT. The Minimally Invasive 1-Hour Esophageal String Test Monitors Therapeutic Changes in Mucosal Inflammation in Eosinophilic Esophagitis. Am J Gastroenterol. 2025 Jan 1;120(1):254-258.
2. Ackerman SJ, Kagalwalla AF, Hirano I, Gonsalves N, Katcher PM, Gupta S, Wechsler JB, Grozdanovic M, Pan Z, Masterson JC, Du J, Fantus RJ, Alumkal P, Lee JJ, Ochkur S, Ahmed F, Capocelli K, Melin-Aldana H, Biette K, Dubner A, Amsden K, Keeley K, Sulkowski M, Zalewski A, Atkins D, Furuta GT. One-Hour Esophageal String Test: A Nonendoscopic, Minimally Invasive Test That Accurately Detects Disease Activity in Eosinophilic Esophagitis. Am J Gastroenterol. 2019 Oct;114(10):1614-1625.
3. Chang M, Dao AD, Warner A, Loegering J, Pecak M, Doyle AD, Wright BL, Schroeder S. Clinical monitoring of eosinophilic esophagitis using the esophageal string test. J Allergy Clin Immunol Pract. 2025 Mar;13(3):705-707.e1.
4. Quinn LA, Andrews R, Bauer M, Nguyen N. Utilization and impact of esophageal string testing in children with eosinophilic esophagitis: A 1 year experience. J Pediatr Gastroenterol Nutr. 2024 Sep;79(3):631-635.
5. Furuta GT, Kagalwalla AF, Lee JJ, Alumkal P, Maybruck BT, Fillon S, Masterson JC, Ochkur S, Protheroe C, Moore W, Pan Z, Amsden K, Robinson Z, Capocelli K, Mukkada V, Atkins D, Fleischer D, Hosford L, Kwatia MA, Schroeder S, Kelly C, Lovell M, Melin-Aldana H, Ackerman SJ. The oesophageal string test: a novel, minimally invasive method measures mucosal inflammation in eosinophilic oesophagitis. Gut. 2013 Oct;62(10):1395-405.
6. Dellon ES, Muir AB, Katzka DA, Shah SC, Sauer BG, Aceves SS, Furuta GT, Gonsalves N, Hirano I. ACG Clinical Guideline: Diagnosis and Management of Eosinophilic Esophagitis. Am J Gastroenterol. 2025 Jan 1;120(1):31-59.



www.enterotrack.com