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**Dupilumab demonstrated efficacy and tolerability in eosinophilic oesophagitis**

Bredenoord A, Dellon E, Hirano I, et al. [Dupilumab demonstrated efficacy and was well tolerated regardless of prior use of swallowed topical corticosteroids in adolescent and adult patients with eosinophilic oesophagitis: a subgroup analysis of the phase 3 LIBERTY EoE TREET study](https://gut.bmj.com/content/73/3/398). Gut 2024; 73: 398-406. doi: 10.1136/gutjnl-2023-330220

Eosinophilic esophagitis is an increasingly prevalent disease that substantially impacts the quality of life of patients. In this study, researchers investigated the efficacy of dupilumab, an interleukin-4/interleukin-13 receptor-targeting monoclonal antibody, in treating eosinophilic esophagitis (EoE). The study examined patients with a history of swallowed topical corticosteroid (STC) use who had an inadequate response.

The study adopted a multicentre, randomized, double-blind, placebo-controlled design with three parts (A, B, and C). Patients with active EoE despite high-dose proton pump inhibitor (PPI) treatment were randomly assigned to receive subcutaneous placebo or dupilumab 300 mg once a week in part A. Part B involved a 1:1:1 randomization to subcutaneous placebo, dupilumab 300 mg once a week, or dupilumab 300 mg every 2 weeks for 24 weeks.

STCs are the current standard of care, but limitations exist this includes a loss of response and often poor adherence to the treatment regimen. Other treatment options, such as high-dose PPI and dietary elimination therapy, only work in half of the patients. Results demonstrated that dupilumab reduced eosinophilic infiltration, improved dysphagia symptoms, and enhanced endoscopic and histological outcomes compared to placebo. Interestingly, histological improvement did not always translate to symptomatic improvement, but at 52 weeks, dupilumab showed improvement in both symptom scores and histology.

In patients who have not responded favourably to STCs, dupilumab 300 mg once weekly shows improvements in symptoms and histology in these subsets of patients.