

Eosinophilic Colitis in Adults: A Case Report

A. Chakir^{1*}, R. N. Tonguino¹, Y. Touibi¹, I. Elkouti¹, H. Yousfi¹, M. Tbouda², T. Lamsiah¹¹Gastroenterology Department, Military Hospital Moulay Ismail, Meknes, Morocco²Pathological Anatomy Department, Military Hospital Moulay Ismail, Meknes, MoroccoDOI: [10.36348/sjmps.2022.v08i12.012](https://doi.org/10.36348/sjmps.2022.v08i12.012)

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*Corresponding author: A. Chakir

Gastroenterology department, Military Hospital Moulay Ismail, Meknes, Morocco

Abstract

Eosinophilic colitis is a rare condition included in the group of eosinophilic gastrointestinal disorder, that are characterized by a high eosinophilic infiltrate in the gut wall, without evidence of other causes [1]. We report in this case the clinical presentation as well as the macroscopic and histological aspect of this pathological entity in adults.

Keywords: Colitis; eosinophils; colonoscopy.

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INTRODUCTION

The definition of eosinophilic colitis has always been debated by different authors, but most of them affirms that “eosinophilic colitis” should be reserved to symptomatic patients [2].

The diagnosis of EC is difficult [3]. A reasonable approach would require both clinical and histological diagnosis of CE, combining symptoms related to colonic dysfunction with colonic biopsies showing excess eosinophils [2]. Our clinical case shows

the endoscopic, histological and clinical presentation of this rare pathological entity.

OBSERVATION

A 58-year-old man, with no medical history, consulted for diffuse abdominal pain with weight loss. The clinical examination was normal. The standard biological assessment did not reveal any anomalies. An abdominal ultrasound and a CT scan were performed showing no anomalies. The colonoscopy was unremarkable apart from a granite appearance in the left colon (Figure 1).



Figure 1: A granite appearance in the left colon

Colonic biopsies showed a well-differentiated colonic mucosa with a chorion which houses a discreet

inflammatory infiltrate made essentially of eosinophilic polymorphonuclear cells (Figure 2).

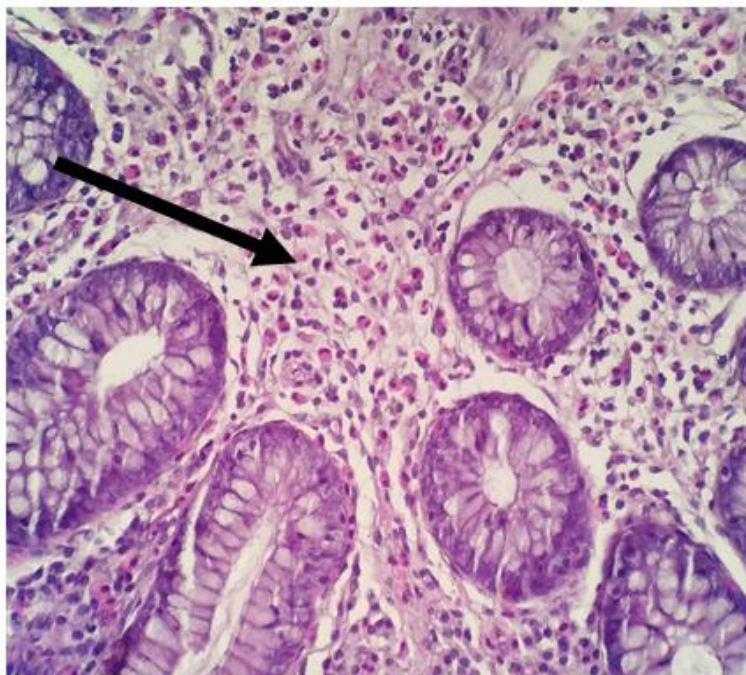


Figure 2: A discreet inflammatory infiltrate made essentially of eosinophilic polymorphonuclear cells

DISCUSSION

Polymorphonuclear eosinophils (PNE) are a subgroup of leukocytes found in many tissues. In the blood, they represent about 15% of the cells in circulation. They play vital role in the defence against parasites, in allergies and in certain inflammatory diseases [4]. The number of polymorphonuclear eosinophils in the colon is very reduced, especially in the left colon, and the increase in the number of PNE in the chorion is observed in eosinophilic colitis [5]. EC is a relatively common disease in infants and, rarer and less studied in adults, with only a few isolated cases or small series being published. In a large retrospective epidemiological study conducted in the United States, the incidence of EC was 2.4/100,000 population [6]. The colonic mucosa is endoscopically normal in approximately 70% of cases [7]. Histological diagnosis is difficult in the absence of consensus [8]. Currently, a rate of PNE greater than 40 PNE is necessary to retain the diagnosis [7].

CONCLUSION

Eosinophilic colitis is a rare pathological entity, whose natural history and physiopathology are still poorly understood, currently lacking codified guidelines for diagnosis and treatment.

Consequently, the various researchers are invited to invest in this entity to define the diagnostic and therapeutic guidelines.

Conflict of interest: None declared.

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