

**| THE CAMPAIGN**

CDF educates doctors to order and patients to request the simple celiac disease blood panel test when attempting to diagnose chronic intestinal and autoimmune disorders.

**BE IN THE KNOW -  
START TODAY**

Visit [celiac.org/symptoms](https://celiac.org/symptoms) and complete the **CDF Symptoms Checklist** and share responses with physicians to determine if the celiac disease blood panel test is needed.

**| WHAT IS CELIAC DISEASE?**

Celiac disease is a lifelong, inherited autoimmune disorder that impacts children and adults. When individuals with celiac disease eat foods containing gluten (proteins found in ALL forms of wheat, rye, barley and their derivatives), an immune reaction is triggered in the small intestine that does not allow nutrients to be absorbed.

**| SYMPTOMS INCLUDE**

abdominal cramping  
intestinal gas  
osteoporosis  
diarrhea  
constipation

fatty stools  
anemia  
depression/anxiety  
unexplained weight  
loss or weight gain

For a complete list of symptoms and possible long-term conditions, visit [celiac.org](https://celiac.org)

## | ABOUT

**Celiac Disease Foundation** (CDF) is a national, non-profit organization dedicated to driving diagnosis of celiac disease and other gluten-related disorders through advocacy, education and advancing research. CDF's evidence-based, life-changing work is made possible by the generosity of thousands of concerned individuals like you who want to improve the lives of the millions who suffer. CDF Team Gluten-Free is the community fundraising arm of Celiac Disease Foundation. Each year, hundreds of CDF Team Gluten-Free members turn their passions and interests into unique fundraising events and athletic achievements. CDF is a registered 501(c)(3) non profit organization. Your contribution is tax deductible to the full extent allowed by law.



For more information or to make your tax-deductible donation, visit:

[celiac.org](http://celiac.org)

First degree relatives of someone diagnosed have a **1 in 10** chance of developing celiac disease in their lifetime.



**1 in 100**

Americans are living with celiac disease

### WHY "CONSIDER CELIAC REQUEST THE TEST?"

Left untreated celiac disease can lead to the development of other conditions such as type 1 diabetes, thyroid disease, coronary heart disease, epilepsy, lymphoma and intestinal cancers. **3,000,000** Americans are living with celiac disease, yet 83% of them do not know it.