Celiac Disease FOUNDATION

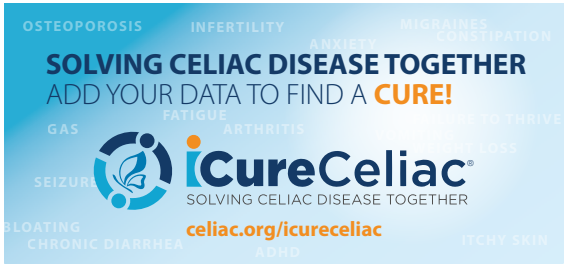
celiac.org

HOW MUCH DO YOU KNOW ABOUT CELIAC DISEASE?

PROBABLY LESS THAN YOU THINK.

WHAT IS THE TREATMENT?

Currently, the only treatment for celiac disease is lifelong adherence to the gluten-free diet. People living gluten-free must avoid foods containing wheat, rye, barley, triticale, and oats not labeled gluten-free. Ingesting even small amounts of gluten, like crumbs from a cutting board or toaster, can trigger intestinal damage.



WHAT ARE THE LONG-TERM EFFECTS OF UNTREATED CELIAC DISEASE?

Celiac disease can develop at any age after people start eating foods or taking medications that contain gluten. Left untreated, celiac disease can lead to additional serious health problems. Long term-health conditions can include:

- Iron deficiency anemia
- Early onset osteoporosis or osteopenia
- Infertility and miscarriage
- Central and peripheral nervous system disorders
- Pancreatic insufficiency
- Gall bladder malfunction
- Non-Hodgkin's lymphoma (intestinal and extra-intestinal, T- and B-cell types)
- Esophageal carcinoma
- Papillary thyroid cancer
- Melanoma
- Additional autoimmune diseases

ABOUT CELIAC DISEASE FOUNDATION

Celiac Disease Foundation is the nation's leading voluntary health organization for celiac disease. We drive diagnosis, treatment, and a cure for celiac disease through advocacy, education, and research to improve the quality of life for all those affected. Through iCureCeliac®, our national registry dedicated to patient-centered research, we collaborate with researchers and clinicians to better understand and ultimately cure celiac disease.

Since our founding in 1990, Celiac Disease Foundation continues to champion many battles: federal recognition of celiac disease and labeling standards for gluten-free foods, improved diagnostic tools, widespread patient and provider education, access to mainstream gluten-free products, and the need for better treatments and a cure.

Support our work at **celiac.org/donate**

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WHAT IS CELIAC DISEASE?

Celiac disease is a genetic autoimmune disorder where the ingestion of gluten leads to serious damage in the small intestine. Gluten is a combination of proteins found in wheat, barley, rye, and triticale. Celiac disease is estimated to affect 1 in 100 people worldwide. Two and one-half million Americans are undiagnosed and at risk for long-term health complications.

Celiac disease is hereditary, meaning that it runs in families. People with a first-degree relative with celiac disease (parent, child, sibling) have a 1 in 10 risk of developing celiac disease themselves.

DO YOU HAVE CELIAC DISEASE?

Adults are less likely to have digestive symptoms, with only one third experiencing diarrhea. Adults are more likely to have:

- Unexplained anemia
- Fatigue
- Bone or joint pain/arthritis
- Osteoporosis or osteopenia
- Liver and biliary tract disorders
- Depression and/or anxiety
- Peripheral neuropathy
- Migraines or seizures
- Infertility or recurrent miscarriage
- Dermatitis Herpetiformis
- Mouth ulcers/canker sores

DOES YOUR CHILD HAVE CELIAC DISEASE?

Digestive symptoms are more common in infants and children. Here are the most common symptoms found in children:

- Abdominal bloating and pain
- Chronic diarrhea
- Vomiting
- Constipation
- Weight loss
- Fatigue
- Irritability and behavioral issues
- Short stature/failure to thrive
- Delayed growth and puberty
- Dental enamel defects of the permanent teeth
- Attention Deficit Hyperactivity Disorder (ADHD)

1 in 100 1 IN 100 WORLDWIDE HAVE CELIAC DISEASE

1 in 10 1 IN 10 FAMILY MEMBER RISK OF DEVELOPING CELIAC DISEASE

30% 30% OF DIAGNOSED PATIENTS STILL REPORT SYMPTOMS WHILE ON THE GLUTEN-FREE DIET

WHAT ARE THE **SYMPTOMS?**

Celiac disease can be difficult to diagnose because it affects people differently. There are more than 200 known signs and symptoms which can affect the digestive system and every other organ in the body.

More than 40% of people with celiac disease appear to have no symptoms at all. However, all people with celiac disease are at risk for serious long-term complications if they continue to consume gluten, whether or not they display any symptoms.

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HOW DO I GET **DIAGNOSED?**

There are two steps to finding out if you have celiac disease: screening and diagnosis. You should always consult with a physician experienced with celiac disease to ensure proper diagnosis.

Screening: There are several blood tests available that screen for celiac disease antibodies, but the most commonly used is called the tTG-IgA test. For this test to work, you must be consuming gluten. If blood test results suggest celiac disease, your physician will recommend a biopsy of your small intestine to confirm the diagnosis.

Diagnosis: A diagnosis can be reached by undergoing an endoscopic biopsy. This procedure is performed by a gastroenterologist and is an outpatient procedure. A biopsy is taken of the small intestine, which is then analyzed to see if there is any damage consistent with celiac disease.

If you think that you or your child have celiac disease, complete the Symptoms Checklist to bring to your doctor at

celiac.org/checklist