



## **WHAT IS CELIAC DISEASE**

Celiac disease is an autoimmune disorder of the small intestine that occurs in genetically predisposed people of all ages from middle infancy onward. Celiac disease is caused by a reaction to gliadin, a gluten protein found in wheat, and similar proteins found in the crops of the tribe Triticeae (which includes other common grains such as barley and rye). While the disease is caused by a reaction to wheat proteins, it is not the same as wheat allergy. The treatment for this disease is the complete abstinence from foods containing gluten such as bread and spaghetti and many others.

## **CLASSIC SYMPTOMS MAY INCLUDE**

- Abdominal cramping, intestinal gas
- Distention and bloating of the stomach
- Chronic diarrhea or constipation (or both)
- Steatorrhea – fatty stools
- Anemia – unexplained, due to folic acid, B12 or iron deficiency (or all)
- Unexplained weight loss with large appetite or weight gain

## **OTHER SYMPTOMS**

- Dental enamel defects
- Osteopenia, osteoporosis
- Bone or joint pain
- Fatigue, weakness and lack of energy
- Infertility – male/female
- Depression
- Mouth ulcers
- Delayed puberty
- Tingling or numbness in hands or feet
- Migraine headaches

## **SOME LONG-TERM CONDITIONS THAT CAN RESULT FROM UNTREATED CD**

- Iron deficiency anemia
- Early onset osteoporosis or osteopenia
- Vitamin K deficiency associated with risk for hemorrhaging
- Vitamin and mineral deficiencies
- Central and peripheral nervous system disorders - usually due to unsuspected nutrient deficiencies
- Pancreatic insufficiency

[http://www.celiac.org/index.php?option=com\\_content&view=article&id=6&Itemid=12](http://www.celiac.org/index.php?option=com_content&view=article&id=6&Itemid=12)