

LIVING WITH CELIAC DISEASE

Approximately 1 in 100 people around the world have celiac disease.

Celiac disease, an autoimmune condition, occurs when gluten consumption harms the small intestine. This disease has a hereditary component, meaning individuals with a close family member affected by celiac disease have a 1 in 10 chance of developing it as well. Upon gluten ingestion, the small intestine initiates an immune response by deploying inflammatory cells to eliminate gluten molecules, causing damage to the small intestine. If untreated, the disease can result in severe consequences.

01 | Signs and Symptoms

The symptoms of celiac disease can vary a lot among people. However, the more common symptoms include:

- Stomach pain and bloated stomach
- Constipation and diarrhea
- Symptoms related to iron-deficiency anemia like fatigue, headaches, pallor or cold hands
- Malnutrition and weight loss
- Mood changes

02 | Diagnosis

Serology testing and genetic testing can help medical professionals diagnose celiac disease. If the results of these tests indicate celiac disease, an endoscopy or capsule endoscopy will likely be ordered to confirm the diagnosis. Individuals who are diagnosed with celiac disease are often advised to undergo further testing to assess their nutritional status.

03 | Treatments

The main method to effectively manage celiac disease is by adhering to a strict, lifelong gluten-free diet. Minimal traces of gluten in your diet can cause damage to your intestine, even if you don't show any symptoms. In the case of severe damage to your small intestine or if you are diagnosed with refractory celiac disease, it may be advised to use steroids to manage inflammation. Steroids can potentially alleviate the intense symptoms associated with celiac disease, allowing the intestine to heal effectively.

For more information on celiac disease and supportive resources, please visit [mayoclinic.org](https://www.mayoclinic.org)

Did You Know?

Around 83% of individuals in the U.S. who have celiac disease remain undiagnosed or are misdiagnosed with alternative conditions.

References

<https://www.mayoclinic.org/diseases-conditions/celiac-disease/symptoms-causes/syc-20352220>

<https://my.clevelandclinic.org/health/diseases/14240-celiac-disease>

<https://celiac.org/about-celiac-disease/what-is-celiac-disease/>

<https://www.beyondceliac.org/celiac-disease/facts-and-figures/>