Celiac Disease

By: Sarah Potter
What is it?

- Autoimmune Disorder
- If gluten is consumed, body sets off an immune response that attacks the small intestine.
- Affects the HLA-DQ2 and HLA-DQ8 alleles.
Who does it affect?

- Celiac disease can affect any age group, gender, or race. So EVERYONE!!
- HOWEVER, genetics are a major influence on the predisposition of the disease
Symptoms

- Diarrhea
- Fatigue
- Weight loss
- Bloating
- Gas
- Abdominal pain
- Nausea
- Constipation
- Vomiting
How to Diagnose

Tissue Transglutaminase IgA antibody (tTG-IgA), plus an IgA antibody (Blood Test)
- Most effective method
- Trying to find an adequate amount of antibodies to make the test reliable.

IgA Endomysial antibody (EMA) test. (Blood Test)
- Not as sensitive
- Most specific test
- Uses the primate esophagus or umbilical cord.
Treatments

- There is no official treatment for celiac disease
- Must adhere to a strict gluten free diet
- Supplemental nutrients can be used to help cases of malnutrition from the disease
- When dining out watch for cross contamination!
Examples of foods to avoid

- Bread
- Pasta
- Certain cereals
- biscuits/crackers
- cakes/cookies
- gravy
- Certain sauces
- Anything containing WHEAT!!
Celiac diet

- Rice
- All vegetables
- All fruits
- Meats (fish, beef, chicken, etc.)
- Dairy products
- Most oils are okay
- Gluten free flours like: almond, coconut, tapioca, potato starch, cornstarch
Gluten free options
Long Term Issues

If a person goes undiagnosed or chooses to ignore the gluten free diet they could suffer from:

- Ongoing disease progression
- Damaged small intestine
- Inflammation
- Osteoporosis (bone disease, decrease in bone strength)
- Infertility
- Certain cancers like lymphoma