

Could Gluten Be Causing Your Health Problems?

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**GLUTEN
INTOLERANCE
GROUP**

To find out, answer the following questions:

Do you have a family history of Celiac Disease or Dermatitis Herpetiformis?

Do you have recurring problems with:

- Abdominal pain
- Bloating
- Constipation
- Diarrhea
- Loss of appetite
- Vomiting
- Unintended weight loss
- Elevated liver function tests (AST, ALT)
- Joint pain
- Fatigue
- Tingling or numbness in hands or feet
- An itchy skin rash occurring on both sides of the body, such as both elbows or knees
- Unexplained infertility or fetal loss
- In childhood, poor weight gain or failure to thrive
- In childhood, short stature or delayed puberty

Have you been diagnosed with:

- Irritable Bowel Syndrome
- Migraines
- Anemia (iron, folic acid or B-12 deficiency)
- Autoimmune thyroid disease (Hashimoto's thyroiditis or Graves disease)
- Osteoporosis or Osteopenia (low bone density)
- Osteomalacia (softening of bones)
- Arthritis
- Colitis (microscopic, lymphocytic or collagenous)
- Type 1 diabetes
- Dental enamel defects in permanent teeth
- Peripheral neuropathy
- Liver disease
- Addison's Disease
- IgA nephropathy
- Selective IgA deficiency
- Cerebellar ataxia
- Epilepsy
- Occipital calcifications
- Down Syndrome
- Turner Syndrome
- Williams Syndrome
- Sjogren's Syndrome (causes dry eyes and dry mouth)

What is Celiac Disease?

Celiac disease is an autoimmune reaction to the gluten protein found in wheat, rye and barley. Some people also react to oats. Celiac disease causes damage to the small intestine and other parts of the body, resulting in a wide range of possible symptoms. Often, the connection with gluten is not recognized. For more information, go to the website of Gluten Intolerance Group at <http://gluten.net>

Questions to ask your doctor:

Should I take medication for this disease?

How long will I need to take this medicine and how will I know when to stop taking it?

What are the side effects of these medicines?

How often do I need to get my blood drawn to monitor this medicine's effect on my body?

What else can trigger DH?

Should I take nutritional supplements?

Could I have associated food intolerances?

Where can I have a bone density study?

What other concerns should I have?

How can I find out about the diet?

How often should I follow-up with the doctor? With the dietitian?



What does it mean if I have some of the conditions?

This Educational Bulletin lists symptoms and conditions which put you at increased risk for having celiac disease. It is based solely on the current medical guidelines.

If you have even one of these conditions, it would be a good idea to bring that to your doctor's attention and discuss having the screening blood tests for celiac disease.

If you have multiple conditions, consider having the screening tests as soon as possible.

The treatment for celiac disease is to remove gluten from the diet. However, celiac specialists recommend that you not exclude gluten before you are tested as this will lower the chances of getting accurate results.

If you have negative tests, but still feel that you have symptoms that might be related to gluten, see "Gluten Sensitivity" at <http://gluten.net/publications.php>.

The medical guidelines are available online; links are provided below.

References:

AGA Institute Medical Position Statement on the Diagnosis and Management of Celiac Disease. Gastroenterology. 2006 Dec;131(6):1977-80.
Available at: <http://tinyurl.com/5dmfkv>

Guideline for the diagnosis and treatment of celiac disease in children: Recommendations of the North American Society for Pediatric Gastroenterology, Hepatology and Nutrition. Journal of Pediatric Gastroenterology and Nutrition. 2005 Jan;40(1):1-19.
Available at: <http://tinyurl.com/yhbbhx4>

World Gastroenterology Organisation Practice Guideline: Celiac Disease. Paris (France): World Gastroenterology Organisation; 2007, 18 p.
Available at: <http://tinyurl.com/ydfetkt>

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Other helpful information is available at www.GLUTEN.net.

Advances in celiac disease are fast-paced. If this document is more than 2 years old, please visit our Web site for updated documents.

This information should not be used to diagnose or treat anemia or celiac disease. For questions about anemia and celiac disease consult your healthcare team when considering this information.

Please consider your local GIG branch as another resource.

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GIG is a nonprofit 501c3 national organization providing support for persons with gluten intolerances, in order to live healthy, productive lives. GIG Branches provide support at a local level.

To make a donation or become a volunteer to GIG, visit our Web site or call the office at 253-833-6655.