

# Celiac Disease

3 million Americans have it...do you?

## CELIAC DISEASE— WHAT ARE THE SYMPTOMS?

There are no typical signs and symptoms of Celiac disease.

People with CD may manifest any (or none) of the following symptoms, often making it difficult to accurately diagnose.

- Diarrhea
- Constipation
- Weight loss
- Abdominal pain
- Bloating
- Other gastrointestinal problems
- Chronic fatigue
- Inability to concentrate
- Irritability
- Weakness
- Malnutrition
- Short stature and failure to thrive in children
- Neurological symptoms
- Osteoporosis
- Joint pain
- Blood disorders (anemia, bleeding)
- Infertility/miscarriages

1 in every 133 Americans has CD and that number increases to 1 in every 56 who have one or more of the above symptoms\*. Yet, today less than 10% of those with CD have been diagnosed.

## SHOULD YOU BE TESTED?

\* Prevalence of Celiac Disease in At-Risk and Not-At-Risk Groups in the United States. Fasano, et. al ARCH INTERN MED/ VOL 163, FEB 10, 2003



## WHAT IS CELIAC DISEASE?

Celiac disease (CD) is an autoimmune disorder in which the immune system reacts to gluten, a protein found in wheat, rye, and barley. The autoimmune response causes damage to the lining of the small intestine resulting in the body's inability to absorb needed nutrients. Untreated, celiac disease results in a variety of debilitating symptoms including osteoporosis and an increased chance of intestinal lymphoma.

CD affects both children and adults and can manifest at any age.

## HOW IS CELIAC DISEASE DIAGNOSED?

A simple blood test can detect those most likely to have CD.

Following a positive blood test, an endoscopic biopsy of the small intestine is often recommended to confirm the CD diagnosis.

## HOW IS CD TREATED?

Life-long adherence to a gluten-free diet allows people with CD to live normal, healthy lives. There is no medical treatment.

## WHAT IS THE FIRST STEP?

Talk to your doctor if you suspect that you have CD, or if you are being treated for or suffer from any of the symptoms listed at left.

[www.rochesterceliacs.org](http://www.rochesterceliacs.org)



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Visit the Rochester Celiac Support Group website ([www.rochesterceliacs.org](http://www.rochesterceliacs.org)) for more on the disease, maintaining a gluten-free diet, available support, and how you can help fight this serious threat to the health of your friends, family, and neighbors.

The Rochester Celiac Support Group is a branch of the national Gluten Intolerance Group



GLUTEN INTOLERANCE GROUP