

Fast Facts

Celiac Disease

- Body's immune system overreacts to gluten in food
- Gluten is a protein found in wheat, barley and rye
- Reaction damages the villi (tiny, hair-like projections) that are attached to the inner surface of your small intestines
 - Villi are responsible for absorbing vitamins, minerals and other nutrients
 - If villi are damaged, your body can't get enough nutrients
 - Exact cause is unknown, but does run in families
- Certain conditions increase your risk of developing it, like Type 1 diabetes, Down syndrome, Turner syndrome, autoimmune thyroid disorder, Addison's disease or microscopic colitis
 - If untreated, can lead to severe complications

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<p><i>Adults (Digestive):</i></p> <ul style="list-style-type: none"> -Diarrhea -Weight loss -Bloating/gas -Abdominal pain -Nausea/vomiting -Constipation <p><i>Adults (Non-Digestive):</i></p> <ul style="list-style-type: none"> -Mouth ulcers -Headaches -Fatigue -Itchy/blistery skin rash (elbows, knees, torso, scalp or buttocks) -Numbness/tingling (hands/feet) -Balance issues -Joint pain -Cognitive impairment <p><i>Children:</i></p> <ul style="list-style-type: none"> -Nausea/vomiting -Chronic diarrhea -Constipation -Gas -Swollen belly -Pale/foul-smelling stools -Irritability -Short stature -Damaged tooth enamel -Delayed puberty 	<p><i>Goal:</i> Manage symptoms since no cure presently</p> <ul style="list-style-type: none"> -Follow strict, lifelong, gluten-free diet -Look for gluten hidden in unexpected products -Take vitamin/mineral supplements as recommended by your doctor -Receive injections of vitamins/minerals if necessary -Take steroids to help with inflammation (severe cases) <p><i>Length of Heal Time:</i></p> <ul style="list-style-type: none"> -Children is 3 – 6 months -Adults is up to several years 	<p><i>Goal:</i> Prevent damage from occurring and reducing symptoms</p> <ul style="list-style-type: none"> -Have a thorough understanding of what foods and products contain gluten -Always check the packaging of products for the words “gluten-free” -Talk with a dietician to get an in-depth list of things to avoid and things you can eat -Talk to family and friends -Join a support group

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