





Celiac disease

An immune reaction to eating gluten, a protein found in wheat, barley, and rye.

Common

More than 200,000 US cases per year

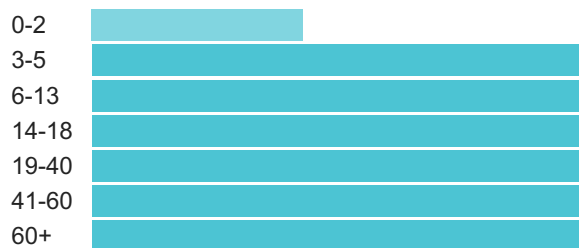
-  Treatment can help, but this condition can't be cured
-  Requires a medical diagnosis
-  Lab tests or imaging often required
-  Chronic: can last for years or be lifelong

Over time, the immune reaction to eating gluten creates inflammation that damages the small intestine's lining, leading to medical complications. It also prevents absorption of some nutrients (malabsorption).

The classic symptom is diarrhea. Other symptoms include bloating, gas, fatigue, low blood count (anemia), and osteoporosis. Many people have no symptoms.

The mainstay of treatment is a strict gluten-free diet that can help manage symptoms and promote intestinal healing.

Ages affected



Symptoms

Requires a medical diagnosis

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People may experience:

Pain areas: in the abdomen or joints

Gastrointestinal: belching, diarrhea, fat in stool, heartburn, indigestion, nausea, vomiting, or flatulence

Whole body: bone loss, fatigue, or malnutrition

Developmental: delayed puberty or slow growth

Also common: cramping, itching, lactose intolerance, skin rash, or weight loss

Treatments**Treatment consists of diet modifications**

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Self-care

Gluten-Free diet: A diet that eliminates wheat, barley, rye and other grains that contain gluten.

Medications

Dietary supplement: Works alone or in conjunction with other treatments to promote health.

- Iron (Venofer, Ferrocite, EZFE 200, IronUp, and NovaFerrum 50)
- Calcium Acetate (Phoslo, Eliphos, Phoslyra, and Calphron)

Vitamin: Helps promote normal body function, growth, and development.

- Folate (FA-8)
- Vitamin D supplements

Therapies

Support group: A forum for counseling and sharing experiences among people with a similar condition or goal, such as depression or weight loss.

Preventative

Pneumococcal vaccine: A vaccine that prevents a certain type of bacterial lung infection (pneumonia).

Specialists

Gastroenterologist: Focuses on the digestive system and its disorders.

Nutritionist: Specializes in food and diet.

Pediatrician: Provides medical care for infants, children, and teenagers.

Primary care provider (PCP): Prevents, diagnoses, and treats diseases.

Consult a doctor for medical advice

Note: The information you see describes what usually happens with a medical condition, but doesn't apply to everyone. This information isn't medical advice, so make sure to contact a healthcare provider if you have a medical problem. If you think you may have a medical emergency, call your doctor or a emergency number immediately.

Sources: Mayo Clinic and others. Learn more