





Gluten sensitivity

Also called: gluten intolerance

Sensitivity to gluten, a protein found in wheat, barley, and rye.

Very common

More than 3 million US cases per year

-  Treatment can help, but this condition can't be cured
-  Usually self-diagnosable
-  Lab tests or imaging often required
-  Chronic: can last for years or be lifelong

Gluten sensitivity ranges from full-blown celiac disease with small bowel inflammation and damage, to allergy to or intolerance of gluten.

Symptoms can include bloating, diarrhea, abdominal pain, tiredness, and skin rashes.

A gluten free-diet generally reverses or stops the symptoms.

Ages affected



Symptoms

Usually self-diagnosable

Symptoms can include bloating, diarrhea, abdominal pain, tiredness, and skin rashes.

People may experience:

Pain areas: in the abdomen or joints

Gastrointestinal: bloating, diarrhea, fat in stool, heartburn, nausea, or flatulence

Also common: anxiety, cramping, fatigue, mouth ulcer, skin rash, or weight loss

Treatments

Treatment consists of diet modifications

A gluten free-diet generally reverses or stops the symptoms.

Self-care

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

Specialists

Gastroenterologist: Focuses on the digestive system and its disorders.

Nutritionist: Specializes in food and diet.

Immunologist: Diagnoses and treats immune system disorders.

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](#)