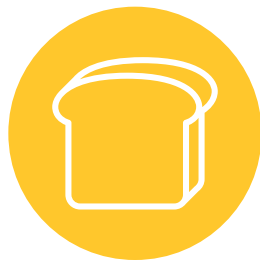




Weill Cornell Medicine

Celiac Disease Is More Than Just Stomachaches



May is Celiac Disease Awareness month. Take a moment to better understand the disease and how its symptoms can affect a person's quality of life.

People living with celiac disease have trouble digesting gluten. When consumed, gluten damages their small intestine. The damage causes a number of gastrointestinal issues, along with possible neurological problems, stunted growth in children and more.

What to Know:

- **Celiac disease is an inherited autoimmune disease.** If you have a direct relative with the disease (parent, child or sibling) you have a 1 in 10 chance of developing the disease.
- **Celiac disease is not a food allergy nor a food intolerance.** The disease causes damage to the small intestine through the immune system's response.
- An estimated **2.5 million Americans live with celiac disease** and don't even know they have it.



Some signs and symptoms of celiac disease include:

- Abdominal pain
- Dental enamel defects
- Diarrhea or constipation
- Headaches
- Short stature

Since gluten is the specific trigger of celiac disease symptoms, **if you have the disease you'll want to avoid foods containing gluten, which can traditionally be found in:**

- Beers
- Breads
- Cereals
- Pastas



Fortunately, thanks to increased awareness of celiac disease and healthy trends in general, there are many **gluten-free variations of these products.** So it's not as challenging as it once was to adapt a diet to a celiac disease diagnosis.

If you believe you may be one of the millions of Americans who have undiagnosed celiac disease, speak with your doctor about your health concerns. Find a doctor today at weillcornell.org/doctors



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