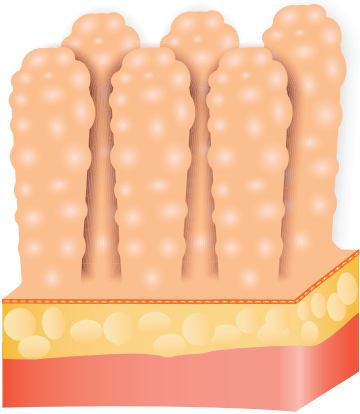


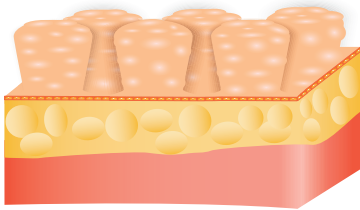


## Celiac Disease

### The Small Intestine Villi



Healthy Villi



Damaged Villi

### About Celiac Disease

- Celiac disease is a life-long autoimmune condition that occurs in genetically predisposed children and adults.
- The ingestion of gluten (a protein found in wheat, barley and rye) causes damage to the small intestinal villi in people with Celiac disease
- The villi are finger-like projections lining the small intestine that help with nutrient absorption
- When the villi are damaged, nutrients cannot be absorbed properly by the body. Celiac disease affects 1 in 100 people in the United States
- It is estimated that 2.5 million Americans are undiagnosed and therefore at risk for long-term complications
- People at higher risk for Celiac disease are those with type 1 diabetes, autoimmune thyroid disease, dermatitis herpetiformis, Down syndrome, Turner syndrome, Williams syndrome or those who have a relative with Celiac disease
- People with a first-degree relative (parent, child, sibling) with Celiac disease have a 1 in 10 chance of developing Celiac disease



## What Are The Symptoms Of Celiac Disease?

### Intestinal Symptoms

- Abdominal pain
- Poor weight gain
- Chronic diarrhea OR constipation
- Vomiting
- Bloating
- Gas

### Other Symptoms

- Joint or bone pain
- Arthritis
- Headache
- Delayed puberty
- Irritability
- Fatigue
- "Foggy brain"
- Neurological problems

## How Is Celiac Disease Diagnosed?

- A screening blood test can be done by your child's pediatrician or a pediatric gastroenterologist
- If this test is abnormal, your child should see a pediatric gastroenterologist
- Celiac disease must be confirmed by taking samples of tissue (biopsies) from the small intestine during an upper endoscopy

## How Is Celiac Disease Treated?

- Treatment consists of a lifelong gluten-free diet
- Once gluten is removed from the diet, complete healing of the villi is expected
- Pediatric gastroenterologists and dietitians can help families adjust to the gluten-free diet

Symptoms Can Occur At Any Age After  
Gluten Has Been Introduced Into The Diet

### Contact Us

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