

CELIAC DISEASE: AN AUTOIMMUNE DISORDER

1 in 133 Americans Have Celiac Disease

Not All Celiac Disease Sufferers Have Symptoms

An estimated 1% of the U.S. population has Celiac Disease; however, a majority of the population is unfamiliar with the cause, symptoms and possible complications.

This guide is intended to help inform patients on what Celiac Disease is — signs and symptoms, complications and treatment options.

01 | What is Celiac Disease?

Celiac Disease is a hereditary autoimmune disease that causes inflammation and damages the villi of the small intestine, interfering with proper absorption of food which leads to malnutrition. Celiac Disease is caused when the small intestine is hypersensitive to gluten which leads to difficulty in digesting food.

02 | Signs and Symptoms

Celiac Disease has a vast number of symptoms that can affect disease sufferers differently. General signs and symptoms are:

- Fatigue
- Joint pain
- Depression or anxiety
- Migraines
- Canker sores inside the mouth
- Skin rash
- Anemia
- Infertility
- Constipation

03 | Complications

Celiac Disease, if left untreated, can lead to many complications including the development of other autoimmune diseases and certain cancers.

Additional complications include:

- Lactose Intolerance
- Osteoporosis
- Gall bladder failure
- Nervous system disorders
- Epileptic seizures

04 | Treatment

Currently, the best treatment option is to eliminate gluten from your diet. There are also other treatment options and medications available. Speak with your medical provider to establish a roadmap for care.

For additional resources and information on Celiac Disease, please visit:

<http://www.mayoclinic.org/diseases-conditions/celiac-disease/basics/definition/con-20030410>

***Did You Know?** 83% of Americans are misdiagnosed or undiagnosed*

References

<https://celiac.org/celiac-disease/what-is-celiac-disease/>

<http://www.beyondceliac.org/celiac-disease/>

https://www.csaceliacs.org/treatment_of_celiac_disease.jsp