

CELIAC DISEASE

Celiac disease is an autoimmune digestive disease. It is estimated that 83% of Americans who have Celiac disease are undiagnosed or misdiagnosed with other conditions.

CLASSIC SYMPTOMS OF CELIAC DISEASE



- Headache
- Fatigue
- Abdominal pain and bloating after consuming products with gluten
- Weight Loss
- Diarrhea
- Constipation
- Foul-smelling stools

DAMAGE FROM CELIAC DISEASE

Exposure to gluten causes patients with celiac disease long term damage. For celiac patients, the villi, tiny

finger-like projections in the small bowel, get worn down or blunted and become ineffective at absorbing nutrients. A lack of certain nutrients can have significant detrimental effects, such as:



anemia



vitamin deficiencies



osteoporosis



neurologic dysfunction



cancer

FURTHER COMPLICATIONS CAN ARISE

IF CELIAC DISEASE IS LEFT UNTREATED, INCLUDING:

- Osteoporosis
- Malnutrition
- Neuropathy
- Bone and Joint Pain
- Permanent damage to the villi in the small intestine
- Weakness & Fatigue

If you suspect you are sensitive or allergic to gluten, contact one of the specialists at Granite Peaks Gastroenterology for testing and an accurate diagnosis. We'll help you find the solutions you need to feel better and take control of your digestive health.

Celiac can be challenging to diagnose since symptoms may show differently in individuals, the less common symptoms may be attributed to other health issues. An individual could have celiac disease for 6-10 years before an accurate diagnosis is made.

LESS COMMON SYMPTOMS OF CELIAC DISEASE



Elevated liver enzymes



Dermatitis herpetiformis (blistered skin rash)



Poor growth (young individuals)



Iron deficient anemia

WHAT CONTAINS GLUTEN?

Gluten is found primarily in **wheat, barley and rye**, as well as in foods such as **pizza, pasta, and cereal**. Some seemingly unlikely places include **salad dressings, ketchup, BBQ sauces, supplements and medications**.



Knowing what to watch for on product labels is critical to a celiac patient avoiding ingestion of products containing gluten.