

How do I know if I'm at risk?

Celiac disease is genetic, so it is more common for those with a family history of this condition. You have an increased risk for developing celiac if you have a blood relative with the disease, especially parents, siblings, or children. Approximately 5-10% of family members will also have this autoimmune disorder.

83% of those with celiac are undiagnosed or misdiagnosed.**

Is there a cure for celiac?

While there is not a cure, if you adopt a gluten-free lifestyle, your small intestine should heal within two years for adults or in just a few months for children and young adults. This life-long lifestyle change will help protect your small intestine.



It is estimated that **30%** of the American population carries the gene that makes them vulnerable to celiac disease.

How do I know if I have celiac?

If you think you may have celiac, contact your healthcare provider. Your provider will ask you questions about your symptoms, do a physical exam, and may recommend a blood test to diagnose the disease. This blood test will look for high levels of autoantibodies, which are antibodies that react to your own body's tissues.

If the blood test comes back positive, your provider or gastroenterologist may require further testing such as an endoscopy to confirm diagnosis.

How is celiac treated?

The only known effective treatment for celiac disease is a life-long adherence to a gluten-free diet and lifestyle. Once you are diagnosed, your gastroenterologist will work with you to develop a gluten-free eating plan to control your symptoms and reverse the damage from the disease. This process may also include education on reading nutrition labels so you can identify gluten or other ingredients that may adversely affect you, and learning to evaluate the risk of contamination of gluten in products that are labeled gluten-free. Relief from symptoms normally begins within days of adopting a gluten-free diet.

How long does it take for a small intestine to recover after beginning a gluten-free diet?



Understanding Celiac Disease



Are you at risk?
*1 in 100 people have it.**



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*Celiac Disease Foundation. <https://celiac.org/ceciac-disease/what-is-celiac-disease/>
**University of Chicago Celiac Disease Center

Celiac Disease Patient Brochure-B&W-PAML-UCD_0001
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What is Celiac Disease?

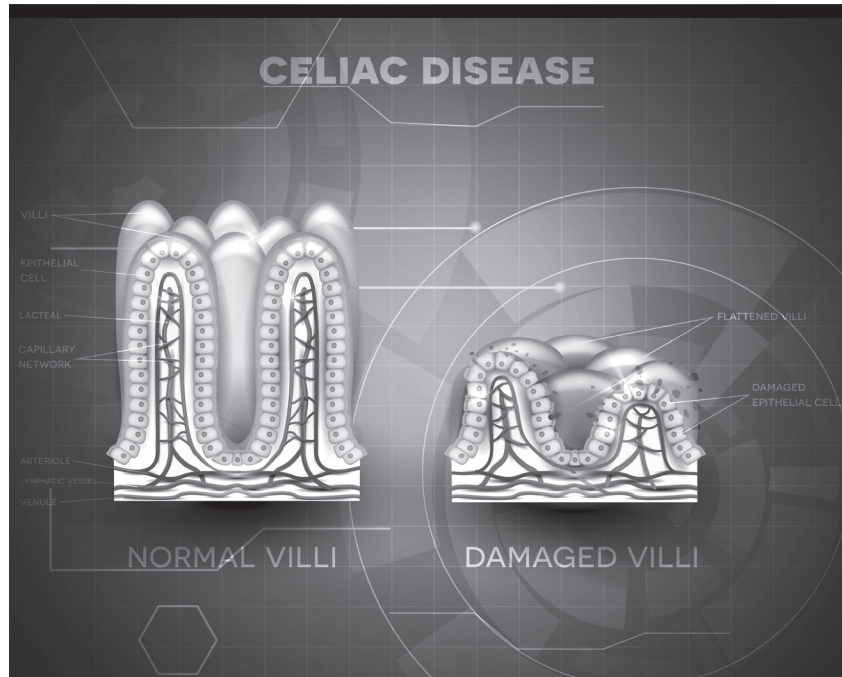
Celiac disease is an autoimmune disorder that may occur in genetically predisposed individuals of all ages, where the ingestion of gluten causes damage to the small intestine. Two and one-half million Americans are undiagnosed or misdiagnosed, leaving them at risk for long-term health complications.

What is gluten?

Gluten is a protein found in wheat, rye, and barley. However, it may also be found in products such as vitamins, supplements, lip balm, medicines, and even the glue on envelopes and stamps.

Tell me more.

When someone with celiac ingests food or uses products with gluten, the immune system responds by attacking the villi which line the small intestine — the section of your gastrointestinal tract between your stomach and large intestine. A healthy small intestine finishes the digestion process, absorbing nutrients and passing residue to the large intestine. Villi, which are tiny, fingerlike protrusions in the small intestine, allow nutrients from your food to be absorbed into your bloodstream. If your villi are damaged, nutrients will pass through your small intestine without being absorbed. Malnourishment can result, regardless of how much is eaten. This also classifies celiac as a disease of malabsorption, as well as an autoimmune disorder.



What are the signs and symptoms of celiac disease?

Clinical diagnosis can be difficult, as there are over 300 symptoms for celiac disease that vary from person to person. Some people may experience symptoms in the digestive system, while some may see signs in other parts of the body. Others may not have any symptoms at all. On average, it takes a person 6-10 years to be correctly diagnosed.

Undiagnosed and untreated celiac disease can lead to a host of other autoimmune disorders, including infertility, osteoporosis, neurological conditions, and, in rare cases, certain forms of cancer.

COMMON ADULT SYMPTOMS

- Anemia
- Anxiety
- Arthritis
- Bloating or gas
- Constipation
- Depression
- Diarrhea
- Discolored teeth
- Fatigue/tiredness
- Headaches or migraines
- Infertility
- Itchy skin rash (dermatitis herpetiformis)
- Joint pain/inflammation
- Pale mouth sores
- Thin bones
- Tingling/numbness

COMMON CHILD SYMPTOMS

- Abdominal bloating and pain
- Constipation
- Chronic diarrhea
- Delayed growth and puberty
- Failure to thrive
- Irritability and behavior issues
- Poor appetite
- Short stature
- Weight loss or difficulty gaining weight

60% of children & **41%** of adults with celiac are asymptomatic.