

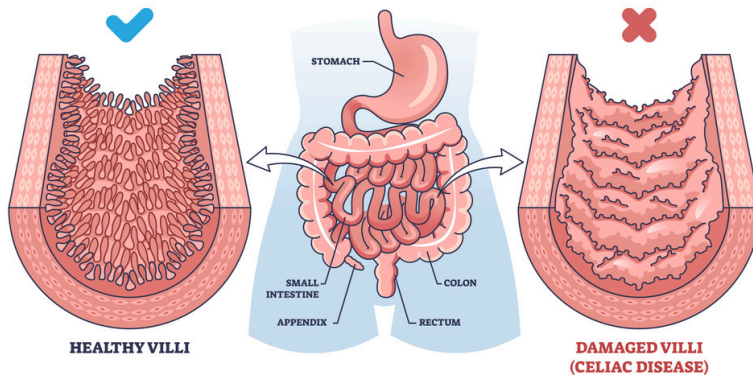


CELIAC DISEASE

Also known as Celiac Sprue, Gluten-sensitive Enteropathy, and Non-tropical Sprue



Celiac disease is a chronic (long-term) digestive disorder where eating **gluten** causes an immune reaction that damages your small intestine. **Gluten** is a protein found in **wheat, barley, rye, and other grains. Even very small amounts of gluten can be damaging to people with celiac disease.** Celiac disease tends to run in families.





SYMPTOMS INCLUDE

- Diarrhea
- Fatigue
- Weight Loss
- Bloating and gas
- Abdominal pain or discomfort
- Nausea and vomiting
- Constipation
- Dermatitis Herpetiformis
- Chronic Fatigue



Celiac disease is **NOT**:

 **Gluten Sensitivity** → Does not damage the small intestine

 **Wheat Allergy** → Is a type of food allergy that does not damage your small intestine
Can have different symptoms (e.g., itchy eyes, trouble breathing)



WHEN SHOULD I SEE MY DOCTOR?

Be sure to consult your health care team and consult with a dietician before trying a gluten-free diet. If you stop or reduce the amount of gluten, you can change the test results.

- You are concerned about your symptoms, and symptoms are severe or ongoing
- You notice any blood in your stools
- You have unexplained or unintentional weight loss
- You have a fever or severe diarrhea

SYMPTOMS TO DISCUSS



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