



Celiac Disease

What is Celiac Disease

Celiac Disease is a digestive disease that damages the small intestines and interferes with the absorption of nutrients from food. People suffering from this disease cannot tolerate a protein called gluten, which is found in wheat, rye, barley and oats. Celiac disease is also considered a genetic disease, as it tends to run in families.

What are the Symptoms..

Symptoms of celiac disease may include any of the following: Abdominal bloating and pain, chronic diarrhea, weight loss, bone pain, fatigue, delayed growth, seizures, mouth sores, painful skin rash, missed period, anemia (iron deficiency). Individuals with celiac disease manifest themselves in a variety of ways, ranging from extreme cases to having no symptoms at all.



How is it Diagnosed

People with celiac disease have higher than normal levels of gluten antibodies in their blood. Blood samples are tested to measure levels of antibodies to gluten, which include 1)antigliadin, 2)anti-endomysium and 3)antireticulin (IgG, IgA).

What is the treatment

The only treatment for celiac disease is to follow a gluten-free diet. This will stop symptoms, heal intestinal damage and prevent further damage. This diet is a lifetime requirement and entails avoiding foods that contain wheat, rye, barely and some oats. The diet is quite complicated, and may initially require the help of a specialized dietician

Foods that are allowed and foods that should be avoided when following a gluten-free diet:

Food Categories	Recommended	Foods to omit
Breads, cereals, rice and pasta	*Products made from corn, rice, soy or potato starch. *Rice bran, cornmeal, millet sorghum.	*Products containing rye, wheat, barley, oats, wheat,germ,bran,wheat starch, malt extract. *Crackers
Vegetables	Fresh, Frozen or canned Vegetables.	*Any creamed or breaded vegetables, canned Baked Beans. *French fries.
Fruits	All fruits and juices	*Some commercial fruit Pie fillings. *Dried fruit.
Milk, yoghurt and cheeses	*All milk products except those made with gluten additives. *Aged cheese.	*Milk drinks with gluten addictive. *Malted milk. *Flavored or frozen oghurt.
Meat, poultry fish and eggs	*All meat, poultry fish, shellfish, cold cuts, sausages, *All eggs	*Any prepared with wheat, rye, oats, barley, gluten stabilizers. *Some egg substitutes. *Sandwich spreads.