WHAT IS THE TREATMENT?

Currently, the only treatment for celiac disease is lifelong adherence to a gluten-free diet. People living gluten-free must avoid foods containing wheat, rye, barley, triticale, and oats not labeled gluten-free. Ingesting even small amounts of gluten, such as crumbs from condiments or spreads or dirty utensils, can lead to acute symptoms and long-term health issues.

WHAT ARE THE LONG-TERM EFFECTS OF UNTREATED CELIAC DISEASE?

Celiac disease can develop at any age after people start consuming gluten. Left untreated, celiac disease can lead to additional serious health problems, including:

- Delayed puberty
- Early onset osteoporosis or osteopenia
- Heart disease
- Hyposplenism
- Infertility and miscarriage
- Iron deficiency anemia
- Lactose intolerance
- Liver failure
- Malnutrition
- Neurological symptoms, including attention-deficit/ hyperactivity disorder (ADHD), headaches, lack of muscle coordination and seizures
- Short stature
- Small intestine cancer and non-Hodgkin lymphoma

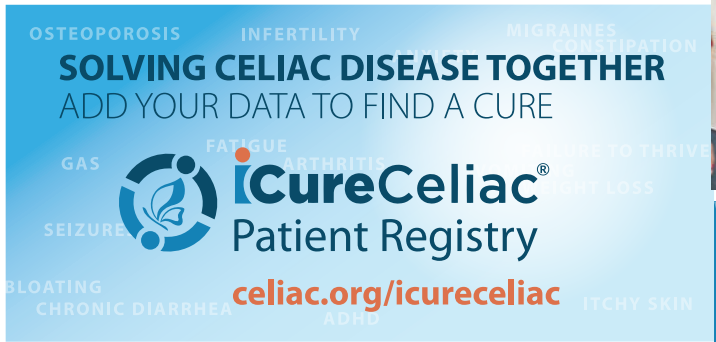
Compared to the general population, celiac disease tends to be more common in people who have:

- A family member with celiac disease or dermatitis herpetiformis (itchy, blistering skin disease)
- Down syndrome or Turner syndrome
- IgA deficiency
- Liver disease
- Microscopic colitis
- Sjogren's syndrome
- Thyroid disease
- Type 1 diabetes

ABOUT THE CELIAC DISEASE FOUNDATION

The Celiac Disease Foundation is the nation's leading patient advocacy organization for celiac disease. We drive diagnosis, treatment, and a cure for celiac disease through research, advocacy, and education to improve the quality of life for all those affected. Through iCureCeliac®, our national patient registry, and iQualifyCeliac, our patient recruitment platform, we collaborate with researchers and clinicians to better understand, and ultimately cure, celiac disease.

Since our founding in 1990, the Celiac Disease Foundation continues to champion many battles: federal funding for celiac disease research and labeling standards for gluten-free foods, widespread patient and provider education, access to mainstream gluten-free products, improved diagnostic tools, and accelerated development of therapeutic treatments and a cure.



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Celiac Disease FOUNDATION®

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HOW MUCH DO YOU KNOW ABOUT **CELIAC DISEASE?**

PROBABLY LESS
THAN YOU THINK.

WHAT IS CELIAC DISEASE?

Celiac disease is a genetic autoimmune disorder in which the ingestion of gluten leads to serious damage in the small intestine. Gluten is a combination of proteins found in wheat, barley, rye, and triticale. Celiac disease is estimated to affect 1 in 100 people worldwide. The majority of Americans are undiagnosed and at risk for long-term health complications.

Celiac disease is hereditary, meaning that it runs in families. People with a first-degree relative with celiac disease (parent, child, sibling) have a 1 in 10 risk of developing celiac disease themselves.

1 in 100 1 IN 100 WORLDWIDE HAVE CELIAC DISEASE

WHAT ARE THE **SYMPTOMS?**

Celiac disease can be difficult to diagnose because it affects people differently. There are more than 200 known signs and symptoms which can affect the digestive system and every other organ in the body.

A significant percentage of people with celiac disease appear to have no symptoms at all. However, all people with celiac disease are at risk for serious long-term complications if they continue to consume gluten, whether or not they display any symptoms.

DO YOU HAVE CELIAC DISEASE?

Common symptoms in adults include, but are not limited to:

- Abdominal pain
- Bloating and gas
- Cognitive impairment
- Constipation
- Diarrhea
- Depression and anxiety
- Fatigue
- Headaches or migraines
- Iron-deficiency anemia
- Itchy, blistery skin rash (dermatitis herpetiformis)
- Joint pain
- Missed periods
- Mouth ulcers and canker sores
- Nausea and vomiting
- Osteoporosis and osteomalacia
- Peripheral neuropathy
- Reduced functioning of the spleen (hyposplenism)
- Weight loss

1 in 10 1 IN 10 FAMILY MEMBER RISK OF DEVELOPING CELIAC DISEASE

HOW DO I GET **DIAGNOSED?**

There are two steps to finding out if you have celiac disease: Screening and diagnosis. Prior to beginning a gluten-free diet, you should always consult with a physician experienced with celiac disease to ensure proper diagnosis.

Screening: There are several blood tests available that screen for celiac disease antibodies, but the most commonly used is called the tTG-IgA test. For this test to work, you must be consuming gluten. If blood test results suggest celiac disease, your physician will recommend a biopsy of your small intestine to confirm the diagnosis.

Diagnosis: A diagnosis can be reached by undergoing an endoscopic biopsy. This procedure is performed by a gastroenterologist and is an outpatient procedure. A biopsy is taken of the small intestine, which is then analyzed to see if there is any damage consistent with celiac disease.

DOES YOUR CHILD HAVE CELIAC DISEASE?

Common symptoms in children include, but are not limited to:

- Abdominal bloating and pain
- Anxiety and depression
- Attention-deficit/ hyperactivity disorder (ADHD) and learning disabilities
- Chronic diarrhea
- Constipation
- Damage to tooth enamel
- Delayed puberty
- Failure to thrive
- Fatigue
- Gas
- Headaches
- Iron-deficiency anemia
- Irritability
- Nausea and vomiting
- Pale, foul-smelling stools
- Seizures and lack of muscle coordination
- Short stature
- Weight loss

50% UP TO 50% OF DIAGNOSED PATIENTS STILL REPORT SYMPTOMS WHILE ON THE GLUTEN-FREE DIET

If you think you or your child might have celiac disease, complete the Symptoms Assessment Tool to bring to your doctor at

celiac.org/symptoms