

Ask Your Healthcare Provider About Getting Tested for Celiac Disease

There are more than 300 symptoms of celiac disease, and symptoms can vary from person to person. Some individuals develop symptoms early in life, while others feel healthy far into adulthood. Some people with celiac disease have no signs or symptoms at all. These differences make it difficult to diagnose celiac disease. As many as 95% of people with celiac disease may be undiagnosed or misdiagnosed with other conditions.

Celiac disease can affect many systems of the body, resulting in a variety of symptoms. Testing for celiac disease should be considered in patients with any of the following conditions:

General:

- Anemia
- Fatigue
- Irritability
- Failure to thrive

Central Nervous System:

- Depression
- Ataxia (lack of muscle coordination)
- Developmental delays
- Seizures

Skin and Mucosal Systems:

- Dermatitis herpetiformis, an intensely itchy and chronic rash found primarily on elbows, knees, buttocks, back, and back of neck.
- Alopecia, loss of hair from the head or body.
- Aphthous stomatitis, or recurrent canker sores

Gastrointestinal System:

- Diarrhea
- Constipation
- Abdominal pain or bloating
- Vomiting
- Malnutrition
- Weight loss or weight gain
- Cancers
- Unexplained liver test abnormalities

Reproductive System:

- Infertility (male and female)
- Miscarriages
- Delayed puberty

Muscular Skeletal and Dental Systems:

- Osteopenia and osteoporosis
- Short stature
- Dental enamel defects
- Arthritis

What else puts you at risk for having celiac disease?

If you have a family member that has celiac disease you are also at risk for developing this disease. Your chances of having celiac disease is higher than a person in the general population.

Frequency of celiac disease:

- In average healthy people: 1 in 133
- In first-degree relatives (parent, sibling, child): 1 in 22
- In second-degree relatives (aunt, uncle, grandparent, niece, nephew, cousin or half-sibling): 1 in 39

- 1st degree relative with celiac disease
 2nd degree relative with celiac disease

If you have certain other conditions, such as another autoimmune disease, your risk for having celiac disease is higher. These can include:

- | | |
|--|--|
| <input type="checkbox"/> Type 1 diabetes | <input type="checkbox"/> Peripheral neuropathy |
| <input type="checkbox"/> Thyroid disease | <input type="checkbox"/> Down syndrome |
| <input type="checkbox"/> Sjögren's disease | <input type="checkbox"/> Turner syndrome |
| <input type="checkbox"/> Juvenile idiopathic arthritis | <input type="checkbox"/> Williams syndrome |
| <input type="checkbox"/> Irritable bowel syndrome | <input type="checkbox"/> IgA deficiency |

What are the symptoms of non-celiac gluten sensitivity?

Many people are intolerant of gluten yet do not have celiac disease. One of the most prevalent conditions is non-celiac gluten sensitivity.

Non-celiac gluten sensitivity has many of the same symptoms as celiac disease. But, early research shows that individuals with non-celiac gluten sensitivity have more of their symptoms outside of the digestive tract, such as:

- Chronic fatigue
 Headache
 Foggy mind
 Joint or bone pain
 Leg numbness

Symptoms usually appear hours or days after eating gluten. One important thing to know about non-celiac gluten sensitivity is that currently there are no tests to help diagnose the condition. One of the steps to diagnose non-celiac gluten sensitivity is to rule out both wheat allergy and celiac disease.

This checklist is not intended to be a tool for self-diagnosis. Its purpose is to help facilitate a conversation with your healthcare provider about whether screening for celiac disease is right for you. A proper diagnosis can only be made by a trained clinician.

For more information visit QuestDiagnostics.com/celiac