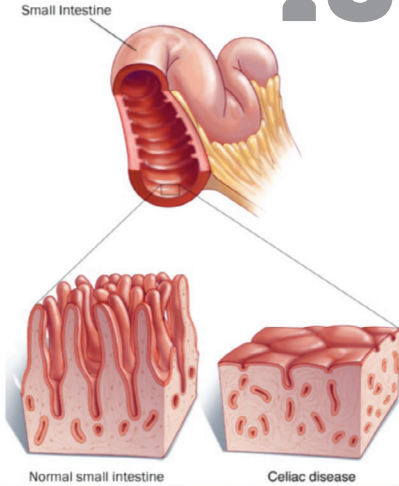


CELIAC DISEASE 101



WHAT IS CELIAC DISEASE?

Celiac Disease is an auto-immune digestive disorder triggered by consumption of the protein gluten which is found in foods containing wheat, rye or barley. Consuming gluten causes damage to the small intestine and an inability to absorb certain nutrients. This damage may become permanent if a gluten-free diet is not followed.

HOW DOES CELIAC DISEASE DIFFER FROM GLUTEN INTOLERANCE OR WHEAT ALLERGY?

Gluten Intolerance does not involve the immune system and permanent damage to the small intestine does not occur. Wheat allergy does involve the immune system, but does not cause permanent damage to the intestine.

SYMPTOMS OF CELIAC DISEASE

A person with Celiac Disease may have many or no obvious symptoms. Symptoms of Celiac Disease may include:

- Diarrhea
- Abdominal bloating and pain
- Cramps
- Dermatitis Herpetiformis (type of rash)
- Excessive gas
- Weight loss or inability to gain weight
- Anemia
- Chronic fatigue
- Hypoglycemia

CAUSE OF CELIAC DISEASE

The exact cause of Celiac Disease is not yet known. It is suspected that it is a combination of genetic factors and an unknown environmental trigger. There are theories as to what the trigger might be:

- The hygiene hypothesis
- Different strains of wheat and new processing methods
- Viral infections

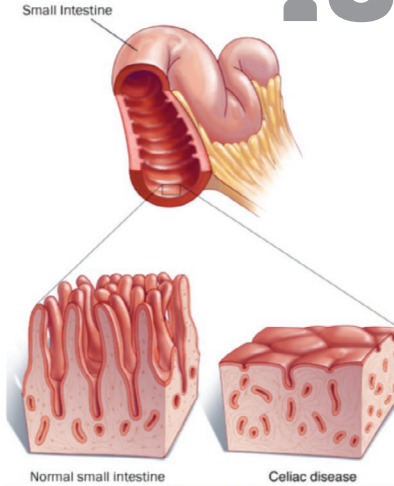
HOW COMMON IS CELIAC DISEASE?

- 1 in 133 Americans
- Celiac Disease (CD) is 4 times more common now than in the 1950s
- One in three people have a genetic predisposition for CD, but less than 1% of the population is currently diagnosed with CD

HOW IS CELIAC DISEASE DIAGNOSED?

- 1st step: Blood test measuring antibodies to gluten
- 2nd step: Intestinal biopsy
- New research suggests that a blood test with a certain level of antibodies and response to a gluten-free diet may be sufficient to diagnose Celiac Disease
- Can be diagnosed at any age

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TREATMENT

- The only recommended treatment is a lifelong diet free of gluten
- Once a gluten-free diet is being strictly followed, the small intestine begins to recover

ALLOWED GRAINS, STARCHES AND FLOURS

- Arrowroot
- Amaranth
- Buckwheat
- Flax
- Corn
- Legume Flours
- Millet
- Montina
- Nut Flours
- Oats *
- Potato Starch, Potato Flour, Sweet Potato Flour
- Quinoa
- Rice
- Rice Bran
- Sago
- Seed Flours
- Sorghum
- Soy
- Tapioca
- Teff
- *Questionable as there may be cross-contamination and some people with CD do not tolerate oats; if chosen, oats labeled gluten-free should be used

GRAINS, STARCHES AND FLOURS TO AVOID

- Barley
- Bran
- Bulgar
- Couscous
- Durum Flour
- Einkorn
- Emmer
- Farina
- Farro
- Gluten, Gluten Flour
- Graham Flour
- Kamut
- Malt, Malt Extract, Malt Flavoring
- Orzo
- Rye
- Semolina
- Spelt
- Triticale
- Wheat

QUESTIONABLE INGREDIENTS

- Dextrin and maltodextrin(if not identified may be corn or wheat)
- Flavorings
- Modified Food Starch/Food Starch
- Seasonings
- "Starch" in Pharmaceuticals and Supplements
- Unidentified Sources of Hydrolyzed Plant Protein, Hydrolyzed Vegetable Protein, Textured Vegetable Protein

WHAT DOES GLUTEN-FREE REALLY MEAN?

- In the U.S. legislation was passed requiring products labeled gluten-free to be less than 20 ppm gluten; this law took effect August 5, 2014.
- Additionally, some companies offer a gluten-free certification
- Gluten Free Certification Organization and Quality Assurance International require less than 10 ppm gluten
- Celiac Sprue Association requires less than 20 ppm gluten
- Consequences of Ingesting Gluten
- May cause damage to the small intestine
- Malabsorption of nutrients including vitamins A, D, E, K, folate, B12, iron and calcium
- This may cause lactose intolerance as less lactase is available
- May cause anemia (iron-deficiency, folate-deficiency or B12 deficiency)
- Increases the risk of developing lymphoma, bowel adenocarcinoma, and osteoporosis
- Increases the risk for infertility and miscarriage
- May increase risk of mortality in those that are diagnosed at an older age or those who do not strictly follow a gluten-free diet

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