

What is Gluten?

A protein found in wheat, rye, and barley. Gluten helps foods maintain their shape, acting as a glue that holds food together.



ELIMINATE THE “Big 3”

WHEAT is commonly found in:

- Bread
- Baked goods
- Soups
- Pasta
- Cereals
- Sauces
- Salad dressings
- Roux

RYE is commonly found in:

- Rye bread (i.e. pumpernickel)
- Rye beer
- Cereals

BARLEY is commonly found in:

- Malt
- Food coloring
- Soups
- Malt vinegar
- Beer



HELPFUL RESOURCES

Celiac Disease Foundation has great information, research, support groups, involvement in the community, and health care resources, articles, and other information available. www.Celiac.org

Celiac Central has printable guidelines, tips for gluten-free kids and parents, being gluten-free in college, and talking to your family about CD.

<http://www.celiaccentral.org>

Celiac Disease Awareness Campaign

<http://www.celiac.nih.gov>

Recipes and diet information resources

from Celiac.com www.celiac.com

If you suspect you have Celiac Disease, contact your doctor right away and get tested.



Celiac Disease

Food Allergy & Intolerance



GLUTEN FREE
IS THE WAY FOR ME

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GLUTEN FREE
IS THE WAY FOR ME

What is Celiac Disease?

Celiac disease (CD) is a lifelong, autoimmune condition that can occur in genetically predisposed people where the ingestion of **gluten** leads to damage in the small intestine.

It is characterized by an abnormal immune response to a protein (called gliadin) from wheat gluten, and related proteins found in rye and barley.

CD is hereditary. People with a first-degree relative with CD have a 1 in 10 risk of developing the disease.

It can begin at any age and prevalence varies widely, although 2.5 million Americans are undiagnosed and at risk for long-term health complications.

Can be associated with:

- Diabetes Mellitus Type I
- Thyroid dysfunction
- Dermatitis Herpetiformis
- Muscle & joint pain
- Multiple sclerosis
- Short stature
- Anemia
- Lactose Intolerance
- Infertility
- Osteoporosis
- Epilepsy
- Migraines
- Intestinal cancers



Screening

BLOOD TESTS & BIOPSY

Elevated levels of antibodies indicate an immune reaction to gluten. These tests detect celiac disease even if you have only mild symptoms or none at all. A biopsy should also be done.

ENDOSCOPY

If your blood tests indicate celiac disease, your doctor may order an endoscopy to view your small intestine and to take a small tissue sample (biopsy) to analyze for damage to the villi.

CAPSULE ENDOSCOPY

Capsule endoscopy uses a tiny wireless camera to take pictures of your entire small intestine. The camera sits inside a vitamin-sized capsule, which you swallow. As the capsule travels through your digestive tract, the camera takes thousands of pictures that are transmitted to a recorder.



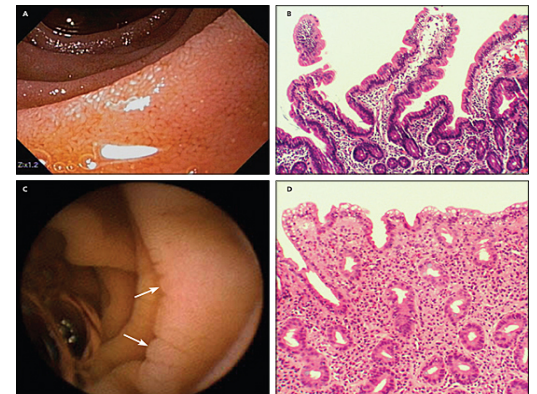
Your health care provider will likely do blood work to measure the antibodies and order an intestinal biopsy to look for villi damage. They may order a repeat endoscopy after 6 months or one year on the gluten free diet to confirm that the damage is healing.

Who should have blood tests? People with suspected celiac disease; People who have conditions associated with Celiac Disease; and First and second degree relatives of individuals with Celiac Disease.



Signs and Symptoms

- Abdominal pain
- Bloating, gas, indigestion
- Decreased appetite
- Diarrhea
- Nausea & vomiting
- Lactose intolerance
- Unexplained weight loss
- Foul-smelling stool that is oily and/or sticks to toilet when flushed
- Dermatitis Herpetiformis
- Anemia
- Musculoskeletal problems
- Seizures
- Tingling sensations
- Aphthous ulcers
- Acid reflux & heartburn
- Missed menstrual periods
- Depression or anxiety
- Fatigue



CONSEQUENCES OF CELIAC DISEASE

The immune system over-reacts to gluten in food and damages villi (tiny hair-like projections that line the small intestine) so you are unable to absorb vitamins, minerals, & nutrients properly.