



### September 13<sup>th</sup> is Celiac Awareness Day

This Celiac Awareness Month, the National Foundation for Celiac Awareness (NFCA) is recognizing the Heroes Within Us.

#### What is celiac disease?









Celiac disease is a condition that creates inflammation in the small intestine, and damage in the lining. This prevents important components of food from being absorbed. The damage to the lining of the intestine comes from a reaction to eating gluten, which is found in wheat, rye, barley, and possibly oats, and in food made from these ingredients.

#### Causes:













The exact cause of celiac disease is unknown. The disease can develop at any point in life, from infancy to late adulthood.

People who have a family member with celiac disease are at greater risk for developing the disease. The disorder is most common in Caucasians and persons of European ancestry. Women are affected more often than men.

People with celiac disease are more likely to have:

-  Autoimmune disorders such as rheumatoid arthritis, systemic lupus erythematosus, and Sjogren syndrome.
-  Addison's disease.
-  Down syndrome.
-  Intestinal cancer.
-  Intestinal lymphoma.
-  Lactose intolerance.
-  Thyroid disease.
-  Type 1 diabetes.

#### Symptoms:

-  Abdominal pain, bloating, gas, or indigestion.
-  Constipation, nausea and vomiting.
-  Decreased appetite (may also be increased or unchanged).
-  Diarrhea, either constant or off and on.
-  Lactose intolerance (common when the person is diagnosed, usually goes away after treatment).
-  Stools that are foul smelling, oily, or and stick to the toilet when flushed.
-  Unexplained weight loss (although people can be overweight or of normal weight).
-  Depression or anxiety, fatigue.
-  Hair loss , itchy skin with a rash (dermatitis herpetiformis).
-  Missed menstrual periods , delayed puberty.
-  Seizures , tingling or numbness in the hands or feet.
-  Defects in the tooth enamel.

- ✂ Slowed growth and shorter than normal height for their age.

### Prevention:

- ✂ Celiac disease is a chronic autoimmune disease, which means that you cannot “grow out” of it. The treatment for both celiac disease and gluten sensitivity is lifelong adherence to a strict gluten-free diet.
- ✂ There is no known way to prevent the development of celiac disease. However, being aware of the risk factors (such as having a family member with the disorder) may increase your chances of early diagnosis, treatment, and a long, healthy life.

### What can you do?

- ✂ Continue eating a normal diet. If you stop eating gluten before you're tested for celiac disease, you may change the test results.
- ✂ Write down your symptoms, including when they started and how they may have changed over time.
- ✂ Write down key personal information, including any major stresses or recent life changes.
- ✂ Make a list of all medications, vitamins or supplements that you're taking.
- ✂ After diagnosis, you should meet with a dietitian/nutritionist experienced with a gluten-free diet. This is an important step in understanding how to eat nutritious and safe foods for your body.
- ✂ See your physician three to six months after diagnosis to identify nutritional deficiencies, address symptoms you may still be experiencing.

### What can you eat?

- ✂ Fruits.
- ✂ Vegetables.
- ✂ Meat and poultry.
- ✂ Fish and seafood.
- ✂ Dairy.
- ✂ Beans, legumes, and nuts.
- ✂ Rice, corn.
- ✂ Potato.
- ✂ Beans.

### Reference Links:

- ✂ <http://www.mayoclinic.org/diseases-conditions/celiac-disease/basics/preparing-for-your-appointment/con-20030410>
- ✂ <http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0001280/>
- ✂ <http://celiac.org/celiac-disease/treating-celiac-disease/>

**For any enquiry or assistance please contact:** [wellness@medicaretpa.co.in](mailto:wellness@medicaretpa.co.in)

**Disclaimer:** No information contained here should be relied on in making health decisions. Always check with your doctor or other health care provider.