

## Who is CDF



Since 1990, Celiac Disease Foundation (CDF) has been dedicated to promoting awareness of Celiac Disease to increase the rate, and shorten the time, of diagnosis. CDF is constantly expanding the supportive community for patients, families and healthcare professionals. CDF is actively involved in advocating for patient concerns and networking with other national and international organizations to improve the quality of life for Celiacs and their families.

## CDF Mission Statement



Celiac Disease Foundation is a nonprofit, public benefit corporation dedicated to providing services and support regarding Celiac Disease and Dermatitis Herpetiformis, through programs of awareness, education, advocacy and research.

## CDF Membership



CDF is a national membership organization. Become a member and help support our ongoing efforts to raise awareness of Celiac Disease. Find out more by visiting the CDF website at [www.celiac.org](http://www.celiac.org)



## Celiac Disease Foundation

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This pamphlet is intended to provide basic information about Celiac Disease. Information contained herein has been approved by the CDF Medical Advisory Board.

It is not intended to provide, nor does it constitute, medical advice. Dietary changes based on information in this brochure should not be initiated without first consulting a physician.

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# CELIAAC AFFECTS 1 OUT OF 133...

ARE YOU THE ONE?



## THE FACE OF CELIAC DISEASE™



## Celiac Disease Foundation

[www.celiac.org](http://www.celiac.org)

## ARE YOU THE ONE?

You've heard of Crohn's Disease, Cystic Fibrosis, Multiple Sclerosis and Parkinson's disease.

### Have you heard of Celiac Disease?

**Celiac Disease** affects more people than all of these disorders *combined!* Alarming numbers because Celiac affects children as well as adults, men and women. Yet **97%** of people with Celiac Disease go **undiagnosed**.

**Celiac Disease** is one of the most common genetic conditions in the world. Celiac is a multi-symptom, multi-system disorder, activated by eating gluten - proteins found in wheat, rye and barley. Symptoms vary and are not always gastrointestinal.

If you can identify with any of the symptoms or diagnoses listed here – you might have Celiac Disease.

### SYMPTOMS OF CELIAC DISEASE MAY INCLUDE ONE OR MORE OF THE FOLLOWING:

- ▶ Recurring bloating, gas, or abdominal pain
- ▶ Chronic diarrhea or constipation or both
- ▶ Unexplained weight loss or weight gain
- ▶ Pale, foul-smelling stool
- ▶ Unexplained anemia
- ▶ Bone or joint pain
- ▶ Behavior changes/depression/irritability
- ▶ Vitamin K Deficiency
- ▶ Fatigue, weakness or lack of energy
- ▶ Delayed growth or onset of puberty
- ▶ Failure to thrive (in infants)
- ▶ Missed menstrual periods
- ▶ Infertility male and female
- ▶ Spontaneous miscarriages
- ▶ Canker sores inside the mouth
- ▶ Tooth discoloration or loss of enamel

OR

### HAVE YOU OR A FAMILY MEMBER EVER BEEN DIAGNOSED WITH THE FOLLOWING?

- ▶ Type 1 Diabetes
- ▶ Dermatitis Herpetiformis
- ▶ Thyroid Disease
- ▶ Osteopenia/Osteoporosis
- ▶ IBS
- ▶ Chronic Fatigue Syndrome
- ▶ Fibromyalgia
- ▶ Peripheral Neuropathy
- ▶ Sjögren's Syndrome
- ▶ Eczema

Do not self diagnose. Talk to your health-care provider about Celiac blood tests that are available for the preliminary diagnosis. In order to get accurate test results, it is important that you are following a daily diet that contains gluten.

### RECOMMENDED BLOOD TESTS:

- ▶ Endomysial antibody (EMA-IgA)
- ▶ Tissue transglutaminase antibody (tTG - IgA/IgG)
- ▶ Anti-gliadin antibody (AGA-IgG, AGA-IgA)
- ▶ Total serum IgA

If the result of the blood tests indicate Celiac Disease, your doctor may suggest a small bowel biopsy. This is usually an outpatient procedure, which is performed endoscopically. Samples of the lining of the small intestine will be studied under a microscope to look for damage and inflammation. When both the blood test and biopsy are positive, a presumptive diagnosis of Celiac Disease can be made.



When the diagnosis of Celiac Disease is uncertain, a genetic test is available that identifies the markers which can place an individual at high risk or low risk for Celiac Disease. Genetic testing does not diagnose Celiac Disease - it rules it out.



Celiac Disease is a lifelong, digestive disorder affecting children and adults. Once you are diagnosed, urge your family to get tested as well.

