

Celiac?

We're not surprised you've never heard of it. Although almost 3 million Americans have this hereditary autoimmune disorder, its symptoms vary and can resemble those of multiple other conditions. Consequently, people with celiac endure an average of 6 - 10 years of pain and frustration before getting the right diagnosis.

That's the bad news. The good news is, people with celiac don't have to suffer. A gluten-free diet can provide immediate and long-term relief.

Do I have celiac?

People with celiac cannot tolerate gluten proteins, which are found in any food product or additive containing wheat, rye, or barley. This intolerance causes small intestine damage and, often, a wide range of recurring symptoms. But some people with celiac may not exhibit any outward symptoms at all. Undiagnosed or untreated, celiac can lead to nutritional deficiency, intestinal cancers, osteoporosis, miscarriage, and short stature in children.

This brochure, created through consultation with leading researchers and healthcare providers, will help you take the first steps toward determining if you have celiac.

What is the NFCA?

The National Foundation for Celiac Awareness (NFCA) is a nonprofit organization that raises awareness of celiac disease among the general public and the healthcare community; facilitates research to better understand the causes, mechanisms and treatment of celiac disease; and improves the quality of life for individuals maintaining a gluten-free diet. The NFCA is a leading resource for celiac disease information and the NFCA website offers free, comprehensive information and support materials to patients with celiac disease, their families, and healthcare professionals.

DoIHaveCeliac.org



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**NATIONAL FOUNDATION
FOR CELIAC AWARENESS**

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Restoring health. Reclaiming lives.

**DO I HAVE
CELIAC?**

- Fatigue
- Skin rash
- Anemia
- Fertility issues
- Joint pain
- Weight loss
- Family member with celiac
- Pale sores inside mouth
- Depression
- Chronic diarrhea
- Diagnosed with IBS
- Gas and abdominal pain

DoIHaveCeliac.org

TWO STEPS TOWARD FINDING OUT

Step 1: Complete this Symptoms Checklist

While the symptoms of celiac vary, suffering from any of these symptoms—especially over time—may indicate that you should ask your doctor for a celiac blood test. Check all that apply to you, or your child.

I (OR MY CHILD) FREQUENTLY EXPERIENCE:

- BLOATING, GAS AND/OR ABDOMINAL PAIN
- HARD TO FLUSH, BULKY OR LOOSE STOOLS
- DIARRHEA OR CONSTIPATION
- FATIGUE
- ITCHY SKIN RASH
- TINGLING OR NUMBNESS IN HANDS AND FEET
- DISCOLORED TEETH OR LOSS OF ENAMEL
- CANKER SORES
- JOINT PAIN
- IRRITABILITY OR BEHAVIOR CHANGES
- SIGNIFICANT UNEXPLAINED WEIGHT LOSS
- POOR WEIGHT GAIN
- DELAYED GROWTH
- MISSED MENSTRUAL PERIODS
- FRACTURES OR THIN BONES

I (OR MY CHILD) HAVE BEEN DIAGNOSED WITH THE FOLLOWING ILLNESSES OR CONDITIONS:

- IRON DEFICIENCY/ANEMIA
- INFERTILITY
- DEPRESSION
- OSTEOPOROSIS OR OSTEOPENIA
- TYPE 1 DIABETES
- THYROID DISEASE
- SJOGREN'S DISEASE
- JUVENILE IDIOPATHIC ARTHRITIS
- IRRITABLE BOWEL SYNDROME
- INTESTINAL CANCER
- PERIPHERAL NEUROPATHY
- DOWN SYNDROME
- TURNER SYNDROME
- WILLIAMS SYNDROME
- DERMATITIS HERPETIFORMIS
- CHECK IF YOU HAVE AN IMMEDIATE FAMILY MEMBER WHO HAS BEEN DIAGNOSED WITH AN AUTOIMMUNE CONDITION OR CELIAC.

Frequently experiencing one or more of the symptoms listed, plus being diagnosed with any one of the diseases or conditions listed, may indicate that you have celiac.

Step 2: Talk To Your Doctor

This checklist is not definitive, but it can help facilitate a discussion with your doctor and highlight the need for further diagnosis.

Blood tests are the first step in a diagnosis of celiac disease. A doctor will order one or more of a series of blood tests to measure your body's response to gluten. Currently, recommended tests include:

- Total IgA
- IgA-tTG
- IgA-EMA

If IgA is deficient, it is recommended that the IgG/IgA-DGP also be ordered. At the discretion of the doctor, IgG-AGA can also be ordered.

It is important to continue eating a normal, gluten-containing diet before being tested for celiac. If the blood tests and symptoms indicate celiac, a physician may suggest a biopsy of the lining of the small intestine to confirm the diagnosis.

If your doctor diagnoses you with celiac, please urge your family members to complete this checklist too. Additional copies are available online at www.DoIHaveCeliac.org. Be sure to visit the website for a wealth of celiac facts and resources. And, tell your doctor about NFCA's free online celiac education program found at www.CeliacCMCEnter.com.