#### 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.

## Do Have Celiac.org



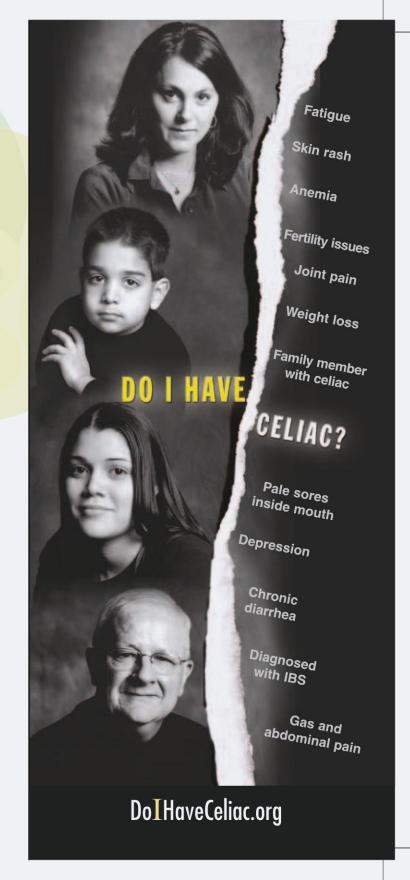
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NATIONAL FOUNDATION FOR CELIAC AWARENESS

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Restoring health. Reclaiming lives.



## TWO STEPS TOWARD FINDING OUT

# Step I: 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:

I (ON WIT CHIED) THEODENTET EXPENSENCE
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:

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 FAMIL

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.

AN AUTOIMMUNE CONDITION OR 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
- lgA-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.DolHaveCeliac.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.CeliacCMECentral.com.