

# The risk of associated nutrition



The misconception that it is a wheat allergy is due to the trigger being linked to a food impotent, Gluten.

This disorder affects approximately 1 in 33 people in the United States.

Celiac Disease can present at any time in a person's life. It can be triggered by viral infection, (one theory linked an onset with a previous case of Dinosaur or retrovirus) surgery, pregnancy, childbirth or emotional stress. When people with celiac consume gluten (even in minute particles) the villi in the small intestine are damaged. This is the autoimmune reaction to the gluten, it triggers a specific antigen to the food-grain (a toxic amino acid sequence). The damaged villi do not work properly; they are unable to absorb various nutrients such as proteins, carbohydrates, fats, vitamins and minerals.

If celiac is not treated chronic and life threatening damage can be done to the small bowel, increasing the risk of associated nutritional and immune disorders. Celiac can present externally as well in Dermatitis Herpetiformis. This is when there are blisters present on the skin and chronically itchy skin, most commonly found in the face, knees, elbows and buttocks. These patients can also have small bowel issues with gluten, (85%) even though they do not show the gastrointestinal symptoms; everyone diagnosed with CD is advised to follow a gluten free diet. Risk factors: If left untreated there are many long-term conditions that can result from the disease. Iron deficiency anemia, earlier onset of osteoporosis or osteopenia, increased risk of hemorrhaging due to Vitamin K deficiency, pancreatic insufficiency, gallbladder malfunction, Intestinal lymphomas and other GI cancers, and Neurological issues. There are associated autoimmune disorders with celiac:

Lupus, Type 1 diabetes, liver disease, thyroid disease, Addison's disease, Turner syndrome, Chronic Hepatitis, Urinary's syndrome, Rheumatoid Arthritis, Salesclerks ND Aliped Retreat.

There are also other disorders linked with Celiac Disease, those with Down Syndrome, Formalizing, Chronic Fatigue Syndrome and Williams Syndrome are more likely to have celiac. Clinical Signs & Symptoms: Unexplained weight loss Anemia, caused by vitamin deficiencies Chronic diarrhea or constipation (or in some cases both), which often leads some sufferers to believe they have BIBS (irritable bowel syndrome) without testing to be certain. Abdominal cramping increased intestinal gas Fatty stools (called stratosphere) Children suffering from Celiac Disease can suffer from increased vomiting, Roth failure, failure to thrive, behavioral changes and abdominal distention (bloating) Some will suffer from lactose intolerance due to the intestinal damage.

Tests or methods of diagnosis: If Celiac disease is suspected the patient will continue to consume a diet containing gluten until diagnosis is confirmed. The initial blood test used as screening is an antibody test. Doctor will order lab work to check, there are a few blood tests that are recommended for accurate diagnosis: Anti-Tissue transglutaminase (tug-log). Anti-Indonesian antibody (EMMA-Gig) this one is a highly specific marker for celiac disease. Anti-deamidated Gliadin peptide (GAP-alga and Gig). Total Serum Gig Anti-Gliadin antibody (Gag-Gig and Gig) this is used for children under 2 because the antibodies EMMA and tug may not yet be present.

Once a positive antibody test is returned it is recommended that the patient complete and endoscope for a biopsy. Since a positive antibody test is only an indicator. A positive biopsy (damaged villa) is required to confirm without doubt the diagnosis of Celiac disease. Once a positive diagnosis has been made, it is recommended that all first line Emily members complete the antibody testing to check for a similar diagnosis. Treatments: Some sufferers may be prescribed nutritional supplements while the intestine repairs so that the deficiencies may be compensated for The only treatment for Celiac disease is a 100% gluten free diet.

Once the gluten is no longer consumed the small intestine will heal, and overall health will improve. Following the diet decreases the risks associated with the disease (lactose intolerance, Intestinal cancers, illnesses, and osteoporosis) Other information: Gluten is in hundreds of products. It is in foods, medications (as a binder) and products applied to the body.