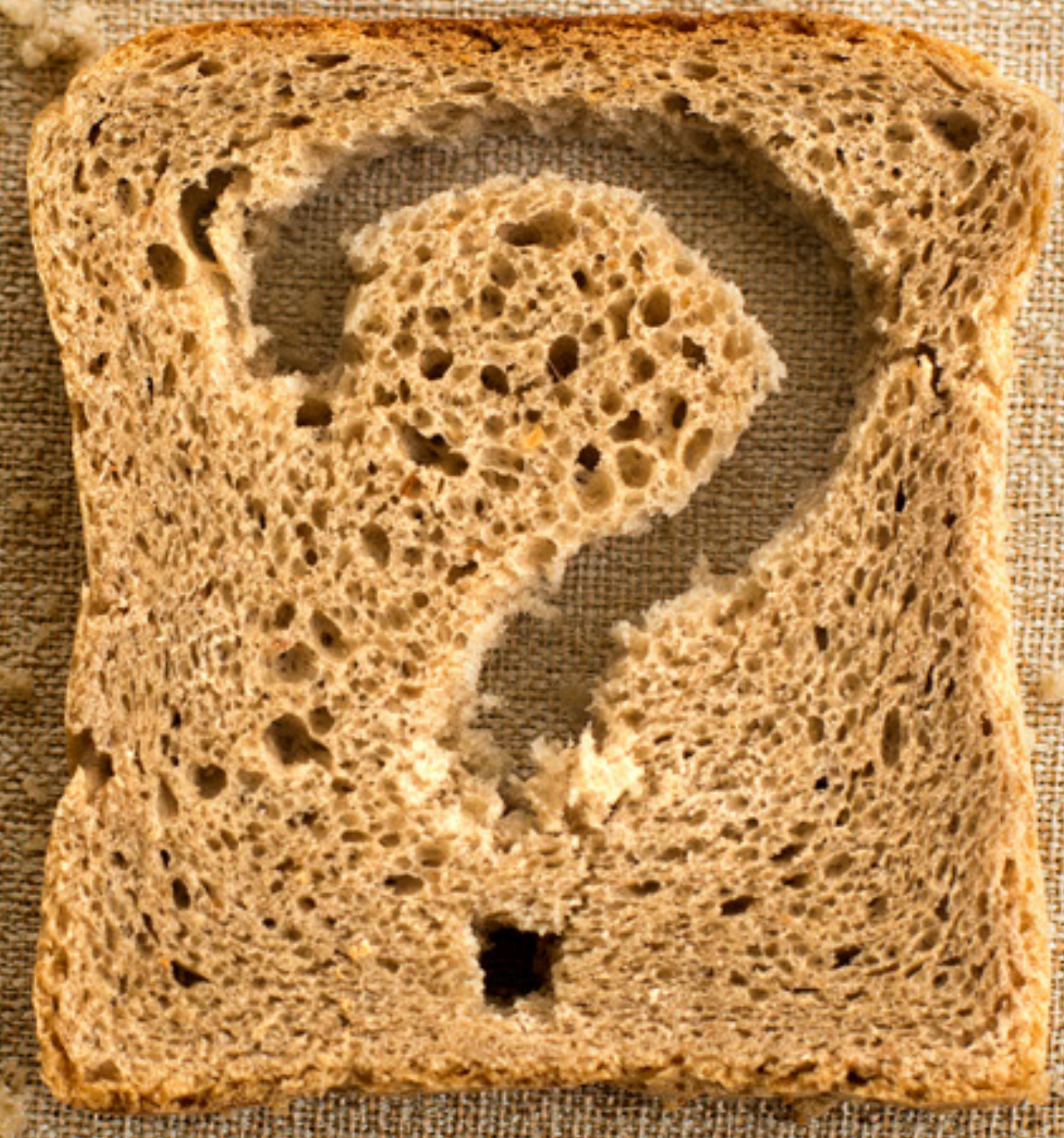


Celiac Disease

vs.

Non-Celiac Gluten Sensitivity



CELIAC DISEASE

Genetic autoimmune disease where wheat triggers antibodies to attack the small intestine.

Diagnosed with a blood test or biopsy during a scope to detect antibodies produced in autoimmune response.

Prevalence: 1% of the U.S. population.

NON-CELIAC GLUTEN SENSITIVITY

Cause not fully understood.

Not an autoimmune disorder or an allergy.

Diagnosed by ruling out celiac disease and wheat allergies with a blood test.

Prevalence: 6% of the U.S. population.

PREVALENCE OF BOTH IS INCREASING, PARTIALLY BECAUSE SCREENING FREQUENCY IS INCREASING.

38% of the population carries genes for celiac disease, but only a small percentage develops it.

Current research suggests those with the gene may develop celiac disease after overexposure to viruses.

GI symptoms include bloating, difficulty with bowel movements, diarrhea and abdominal pain.

Can also come with many symptoms outside of the GI tract, including:

- Anemia
- Fatigue
- Headaches
- Cavities
- Joint pain
- Low vitamin D and vitamin B12
- Psychiatric disorders

One crumb of gluten (20 parts gluten per million) will produce symptoms.

Symptoms can last hours or days.

Autoimmune markers will remain elevated in blood for weeks.

Treatment: Complete and lifelong avoidance of gluten.

No genetic component identified.

Symptoms limited to the GI tract and include bloating, difficulty with bowel movements, diarrhea and abdominal pain.

Wide range of gluten tolerance, depending on the individual, and on the frequency and amount of gluten consumed.

Symptom intensity and duration varies.

Treatment: Reducing gluten or carbohydrates in diet has been shown to help symptoms.

Sources:

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