

Celiac Disease and Non-Celiac Gluten Sensitivity Symptoms May Be:

- **None:** Many Celiacs have been diagnosed with zero or one symptom.
- **Painful:** Headaches, muscle cramps, bone and joint pain...
- **In the brain:** "Brain fog," poor focus, fatigue, appetite changes, depression, irritability, peripheral neuropathy, gluten ataxia...
- **In the gut:** Diarrhea, constipation, both, bloating, cramping, flatulence, vomiting, lactose-maltose-sucrose intolerances...
- **Reproductive:** Infertility, miscarriages, delayed puberty...
- **On the skin:** Itching, eczema, boils...
- **In sensory systems:** Eye inflammations, hearing loss, loss of smell...
- **Elsewhere:** In the heart or other organ, in the bones (stunted growth, osteoporosis...), in the mouth, tongue or teeth...
- **Nutrient deficiencies:** Anemia, night blindness...
- **Vague, or changing over time:** Weight loss or weight gain for no known reason...
- Present alongside other autoimmune or nonautoimmune conditions.

For more information visit:

<http://www.celiacsupportgroup.org/celiac-support-group's-symptoms-chart>



**Celiac
Support Group**



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We hope that with Celiac Support Group you will

- gain information on diagnosis, treatment, coping strategies, latest developments
- gain control and become empowered
- have fun in a judgment-free environment
- benefit from research findings that peer support groups improve symptoms, self-esteem, interpersonal relationships, mastery, motivation, quality of life, and life satisfaction.



Contact us for meetings or support:

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CeliacSupportGroup.org

*Celiac Disease,
Non-Celiac Gluten Sensitivity,
Dermatitis Herpetiformis,
& Gluten Ataxia.*

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Who needs to be gluten free?

Eating gluten free is a medical necessity for many and doctors prescribe the gluten free diet for that reason. The gluten-related disorders are:

Celiac Disease, Non-Celiac Gluten Sensitivity, Dermatitis Herpetiformis, and Gluten Ataxia.

What is Celiac Disease (CD)?

CD is an autoimmune condition created by a cascade of events that damages an individual's small intestinal villi. Villi absorb nutrients into the body. Nutrient malabsorption from undiagnosed and untreated CD leads to malnutrition.

CD is triggered by gluten. After the gluten free diet restores a Celiac's health, there is no evidence of disease. However, damage recurs if a Celiac eats gluten again.

Very Important

**DO NOT GO GLUTEN FREE
before being tested for CD!**

*Otherwise, the diagnostic tests for
CD may be falsely negative.*

What is gluten?

Gluten is a hard-to-digest, water-insoluble, seed-storage protein found in wheat, barley and rye. For those with gluten-related disorders, gluten peptides (the fractions of protein from these grains) are toxic, even in very small amounts.



Is the gluten free diet a healthy diet?

A healthy diet provides sufficient nutrients, energy (calories), water, fiber, proteins, fats, carbohydrates, etc. Only three grains are eliminated on a gluten free diet.

A gluten free diet can be as healthy—or as unhealthy—as a gluten-containing diet that includes those grains. Dietitians and Nutritionists can help individuals determine how foods plans measure up.

Our Celiac Support Group community can help by providing resources, education, and encouragement to help individuals master gluten free, making it enjoyable, easy and fun.

What is Non-Celiac Gluten-Sensitivity (NCGS)?

After eliminating the possibility of CD, doctors will explore the possibility of NCGS.

CD and NCGS symptoms are similar. Both CD and NCGS patients improve on a gluten free diet. Both conditions involve the immune system but neither condition is wheat allergy.

No genetic markers are associated with NCGS, unlike CD. Villi atrophy in the small intestine indicates CD, but villi atrophy is not present with NCGS. Certain cytokines (immune system substances) are associated with CD, but no specific cytokines correlate with NCGS. It is unknown whether NCGS is a transient or permanent condition. CD is known to be permanent.

NCGS affects about 6% of the population. CD affects about 1% of the population.

What is Celiac Support Group?

Formed as a California non-profit public benefit corporation, Celiac Support Group is recognized by the Internal Revenue Service as a 501 (c)(3) public charity. Our mission is: To maximize quality of life and health for those affected by Celiac Disease, Non-Celiac Gluten Sensitivity, Dermatitis Herpetiformis, and Gluten Ataxia.