



# Yelm Family Medicine Patient Newsletter

Committed to your health and our community

IN THIS ISSUE

## National Celiac Awareness Month

### What is Celiac Disease?

Celiac disease is a serious autoimmune disorder that can occur in genetically predisposed people where the ingestion of gluten leads to damage in the small intestine. It is estimated to affect 1 in 100 people worldwide. Two and one-half million Americans are undiagnosed and are at risk for long-term health complications.

When people with celiac disease eat gluten (a protein found in wheat, rye and barley), their body mounts an immune response that attacks the small intestine. These attacks lead to damage on the villi, small fingerlike projections that line the small intestine, that promote nutrient absorption. When the villi get damaged,

nutrients cannot be absorbed properly into the body.

Celiac disease is hereditary, meaning that it runs in families. *People with a first-degree relative with celiac disease (parent, child, and sibling) have a 1 in 10 risk of developing celiac disease.*

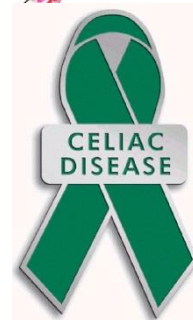
### Long Term Health Effects

Celiac disease can develop at any age after people start eating foods or medicines that contain gluten. Left untreated, celiac disease can lead to additional serious health problems. These include the development of other autoimmune disorders like Type I diabetes and multiple sclerosis (MS), dermatitis herpetiformis (an itchy skin rash), anemia, osteoporosis, infertility and miscarriage, neurological

We will be closed Monday May 28<sup>th</sup> in observance of Memorial Day. We will reopen on Tuesday May 29<sup>th</sup> at 9am.



Remember - our fallen heroes. They are the reason that we are free.



conditions like epilepsy and migraines, short stature, and intestinal cancers.

### Celiac Disease Symptoms

Celiac disease can be difficult to diagnose because it affects people differently. There are more than 200 known celiac disease symptoms which may occur in the digestive system or other parts of the body. Some people develop celiac disease as a child, others as an adult. The reason for this is still unknown.

Some people with celiac disease have no symptoms at all, but still test positive on the celiac disease blood test. A few others may have a negative blood test, but have a positive intestinal biopsy. However, all people with celiac disease are at risk for long-term complications, whether or not they display any symptoms.

#### Do You Have Celiac Disease?

Adults are less likely to have digestive symptoms, with only one-third experiencing diarrhea. Adults are more likely to have:

- unexplained iron-deficiency anemia
- fatigue

- bone or joint pain
- arthritis
- osteoporosis or osteopenia
- liver and biliary tract disorders (transaminitis, fatty liver, primary sclerosing cholangitis, etc.)
- depression or anxiety
- peripheral neuropathy (tingling, numbness or pain in the hands and feet)
- seizures or migraines
- missed menstrual periods
- infertility or recurrent miscarriage
- canker sores inside the mouth
- dermatitis herpetiformis (itchy skin rash)

### Celiac Disease Treatment

#### Lifelong Adherence to the Gluten-Free Diet

Celiac disease is a chronic autoimmune disease, which means that you cannot “grow out” of it. The treatment for both celiac disease and non-celiac wheat sensitivity is lifelong adherence to a strict gluten-free diet. Only food and beverage with a gluten content less than 20 parts per million (ppm) is allowed. The gluten-free diet heals the villous

atrophy in the small intestine, causing symptoms to resolve.

Following the gluten-free diet also helps prevent future complications, including malignancies.

### Vitamins and Supplements

People with celiac disease are deficient in fiber, iron, calcium, magnesium, zinc, folate, niacin, riboflavin, vitamin B<sub>12</sub>, and vitamin D, as well as in calories and protein. Deficiencies in copper and vitamin B<sub>6</sub> are also possible, but less common. After treatment with the gluten-free diet, most patients’ small intestines recover and are able to properly absorb nutrients again. However, patients may continue to be vitamin B deficient as the gluten-free diet may not provide sufficient supplementation. This can be remedied with a daily, gluten-free multivitamin. The multivitamin should not exceed 100% of the daily value (DV) for vitamins and minerals. Calcium and vitamin D supplementation may also be prescribed by your physician if your physician if your intake is not sufficient.