

FOR SOMEONE WITH CELIAC DISEASE

THIS COOKIE IS DEADLY



This cookie, or any food product or meal that contains gluten, can make you sick if you have celiac disease. Even trace amounts of gluten, found naturally in wheat, rye, barley and triticale and used in the production of many common food products, can prevent essential nutrients like proteins, fats, carbohydrates, vitamins and minerals from being absorbed during digestion. You might experience symptoms such as anemia, dermatitis herpetiformis, chronic diarrhea, weight loss, fatigue, cramps, bloating and irritability. If your celiac disease goes undiagnosed, you could develop osteoporosis, infertility and cancer. In Canada, it takes an average of 11

years for someone with celiac disease to be properly diagnosed, and more than 90% of those with the disease remain undiagnosed.

If you suspect that you or a family member could have celiac disease, ask your doctor to include celiac screening with your next blood test.



The Canadian Celiac Association is a volunteer-driven charitable organization providing programs of awareness, advocacy, education and research. Founded in 1972, we were the first support group for celiacs in North America and today, with 28 chapters, are the largest and only national celiac support group in Canada.

ASK YOUR DOCTOR FOR THE CELIAC SCREENING TEST

VISIT [CELIAC.CA](http://celiac.ca) FOR MORE INFORMATION