CELIAC DISEASE is an autoimmune disease that prevents the small intestine from properly absorbing nutrients from foods containing GLUTEN (i.e., proteins found in wheat, rye and barley).1,2

PROTEINS CARBOHYDRATES VITAMINS & MINERALS

MOST COMMON SYMPTOMS affect digestion:• Chronic diarrhea • Abdominal pain • Weakness • Unintended weight loss

But celiac is MORE THAN A DIGESTIVE DISEASE. Many patients experience lesser-known symptoms and are not aware of their condition.

UNDIAGNOSED AND UNTREATED CELIAC DISEASE CAN CAUSE:

ANEMIA
Gluten impairs red blood cell function, leading to symptoms such as:
• Fatigue
• Shortness of breath
• Dizziness

67.8% OF CANADIAN CELIAC DISEASE PATIENTS PRESENTED WITH ANEMIA

NEUROLOGICAL DISORDERS
These conditions include:
• Neuropathy (pain, weakness, or numbness, often in hands or feet)
• Ataxia (poor coordination, slurring speech, difficulty swallowing)
• Impaired neurological function (amnesia, confusion)
• In rare cases, seizures

OSTEOPOROSIS
• Celiac disease patients are often deficient in both calcium and Vitamin D
• Increasing risk for low bone mineral density

SHORT STATURE
• Poor nutrient absorption may result in below average height
• It is possible not to experience any other signs or symptoms of celiac disease

REPRODUCTIVE DISORDERS
Women may experience:
• 25% higher risk of spontaneous abortion
• Higher risk of premature deliveries
• Unexplained infertility
• Low birth-weight babies
• Menstrual cycle disorders
• Delayed menstruation and early menopause

FOLLOW YOUR GUT. IF YOU SUSPECT THAT YOU HAVE UNDIAGNOSED CELIAC DISEASE, TALK TO YOUR DOCTOR.