
















# Celiac Disease Symptom Survey

Use this survey to help you talk about your symptoms with your doctor. Remember, one symptom doesn't define celiac disease. But one test can.

1. Do you have any of the common symptoms of celiac disease listed below? (Choose all that apply.)

-  Bloating
-  Heartburn
-  Constipation
-  Infertility
-  Depression
-  Irritability
-  Diarrhea
-  Itchy Skin Rash
-  Discolored Teeth
-  Mouth Sores
-  Fatigue
-  Stomach Pain
-  Gas
-  Thin Bones (osteoporosis)
-  Headaches

2. Do you have any first-degree relatives with celiac disease? (Check all that apply.)

- Parent
- Sibling
- Child

3. Do you have any second-degree relatives with celiac disease? (Check all that apply.)

- Aunt or uncle
- Grandparent
- Niece or nephew
- Grandchild
- Cousin
- Half-sibling

4. Have you had any of the following?

- Iron deficiency
- Lack of muscle coordination (ataxia)
- Failure to thrive
- Vomiting
- Malnutrition
- Weight loss or gain
- Problems with your liver
- Miscarriage(s)
- Short stature (child)
- A delay in development (child)
- Seizures
- Loss of hair from your head or body (alopecia)
- Late puberty

5. Do you have any of the following conditions?

- Arthritis
- Sjögren's syndrome
- Cancer
- IBS (irritable bowel syndrome)
- Type 1 diabetes
- Numbness or pain in the hands and feet (peripheral neuropathy)
- Thyroid disease
- Turner syndrome
- Williams syndrome
- Down syndrome
- Low levels of immunoglobulin A
- Juvenile idiopathic arthritis

# To Your Health

## Celiac Disease



Diarrhea



Headaches



Bloating



Fatigue



Heartburn



Infertility



Stomach Pain



Thin Bones



Mouth Sores



Gas



Irritability



Discolored Teeth



Itchy Skin Rash



Depression



Constipation

## Are your symptoms trying to tell you something?



Today, about 3 million Americans have celiac disease. Many of them don't know they have it. This is because 2 out of every 5 people don't have symptoms. Others don't get diagnosed. Symptoms can come and go. And most symptoms can also be caused by other conditions. So it's hard to put everything together and make the right diagnosis. But knowing if you have the disease is the first step towards a healthier life.



## What is celiac disease?

Celiac disease is an inherited autoimmune disease. When a person with the disease eats a substance called gluten, his or her body attacks the intestines. This makes it hard for the body to take in important nutrients. So the person is malnourished, no matter how much is eaten.

## What is gluten?

Gluten is a protein in wheat, rye, and barley. It is found in many common foods. It's also found in everyday products such as soy sauce, medicines, vitamins, and even lip balm.

## How do you find out if you have celiac disease?

If you think you might have celiac disease, talk to your doctor right away. He or she will give you a physical exam, review your medical history, and perhaps order a blood test. This is the first step in diagnosing celiac disease. Follow-up testing may also be needed.

## Why getting tested matters.

Testing is the only way to know if you have celiac disease. If you don't get diagnosed and treated, you might develop more serious conditions. These include osteoporosis and cancer.

**Some people think they don't need to get tested—they can just stop eating gluten. But this is not a good idea.** Your doctor will know to check for nutritional deficiencies or possible complications once an official diagnosis is made.

### Facts about celiac disease

- **83%** of affected people are undiagnosed
- **41%** of adults have no symptoms at all
- **11 years** is the average time from first symptoms to diagnosis
- Your risk increases **by 10%** if a family member has the disease



## Could it be celiac disease?



Celiac disease is hard to diagnose. Sometimes it's confused with lactose intolerance or irritable bowel syndrome. Those conditions can have the same symptoms. The following symptoms can be seen in patients with celiac disease:

Diarrhea	Mouth sores
Headaches	Gas
Bloating	Irritability
Fatigue	Discolored teeth
Heartburn	Itchy skin rash
Infertility	Depression
Stomach pain	Constipation
Thin bones	



## Who's at risk?

Celiac disease runs in families and can present at any age. It is more common in people with:

- 1st- or 2nd-degree blood relative with celiac disease
- Presence of an HLA-DQ2 or HLA-DQ8 gene
- Another autoimmune disease such as:
  - Dermatitis herpetiformis
  - Type 1 diabetes
  - Sjögren's disease
  - Thyroid disease
  - Juvenile idiopathic arthritis
- Down, Turner, or Williams syndrome
- Anemia
- Infertility
- Depression