

3.13 Digestive health - Coeliac disease

Lynne 28 has bloating and loose stool particularly when she has been eating a lot of bread.

Lynne: There is a lot of coeliac disease in my family. Do you think I have coeliac disease?

Provide: The symptoms you have described (bloating, diarrhoea, tummy ache and wind) could be due coeliac disease but there are other things we should consider too.

Elicit: Had you thought of anything else?

Lynne: Most people say that I've probably got IBS. I've read up about that but the article I read told me to rule out coeliac disease first.

Elicit: Do you know much about Coeliac disease?

Lynne: Not really. I gather you have to have a special diet.

Elicit: Should I tell you a little about Coeliac disease?

Lynne: Yes please.

Provide: Coeliac disease is a sensitivity to gluten. Gluten is found in wheat, barley and rye. The gut is irritated by the body reacting to gluten. Coeliac disease does run in families but unless a parent or sibling is affected you are no more likely than anyone else to get coeliac disease. Coeliac disease affects 1 person in 100.

We can do a blood test for coeliac disease if you like. We should also check your blood count and do a thyroid test too.