**Notes feedback from Alfonso**

People with coeliac disease do not have to be diagnosed early in their life. It is possible that someone can eat gluten with no problems as a kid, and suddenly get sick as a teenager when they eat gluten. These teenagers find the diagnosis very difficult as they struggle to find meaning in their diet. They just want to eat out with their friends, so many teenagers will just do it, regardless of the health issues.

Support in keeping a gluten free diet also change with the age of the patient. Children get the most support out of their parents. Teenagers get the most support from their friends and adults get the most support out of their partner or can keep the discipline themselves.

Discussing symptoms and effects also vary widely by social background of the patient. Some patients directly go to the doctor when they feel a symptom, others almost never go to the doctor. That’s why its very hard to keep track of symptoms for doctors and hospitals.

It is also very hard to verify if restaurants are truly gluten free. If a non gluten product comes into contact with a product that contains gluten, it is contaminated with gluten. This is called cross-contamination. This can also happen if a chef does not wash his hands after holding a gluten product, because gluten also sticks to the hands! Cross-contamination is a big cause of gluten intake for coeliac patients.