

Is it GLUTEN SENSITIVITY OR WHEAT ALLERGY OR INTOLERANCE?



Wheat is worldwide staple food and primarily important source of carbohydrate. It is leading source of multiple nutrients and dietary fiber. Wheat is consumed in the forms of flour, semolina, malt, cracked & bulgur wheat.

Gluten is an integral part of wheat protein which gives rise to spectrum of disorders like celiac disease, allergies, nonceliac gluten sensitivity & intolerance.

SPECTRUM OF WHEAT SENSITIVITY (GLUTEN RELATED DISORDERS)

CELIAC DISEASE

- It is an immune mediated systemic disorder elicited by wheat gluten, gliadin and related prolamins from rye and barley in genetically susceptible individuals.
- Other names: Gluten Sensitivity Enteropathy, Non-tropical Sprue, Celiac Sprue.
- Environmental, immunological & genetic factors play major role.
- HLA DQ genes found to be present in >90% celiac patients.

WHEAT ALLERGY

- Allergy is IgE mediated hypersensitivity reaction initiated by proven or strongly suspected immunology mechanism triggered by substances for which individual is previously exposed.

NON-CELIAC GLUTEN SENSITIVITY

- Intestinal and extraintestinal symptoms triggered by induction of gluten containing food.
- Absence of reliable biomarkers.
- Exclusion of celiac disease & wheat allergy.

FOOD INTOLERANCE

- IgG mediated immune response to specific foods.
- Immune system mounts a strong response to certain foods which lead to antibody production and form immune complexes.
- Damaged gut – leaky intestinal barrier, increased permeability & gut dysbiosis is the basis of food intolerance.

Carrying forward
Dr. Ajit Golwilkar's
legacy
of over
Four
Decades

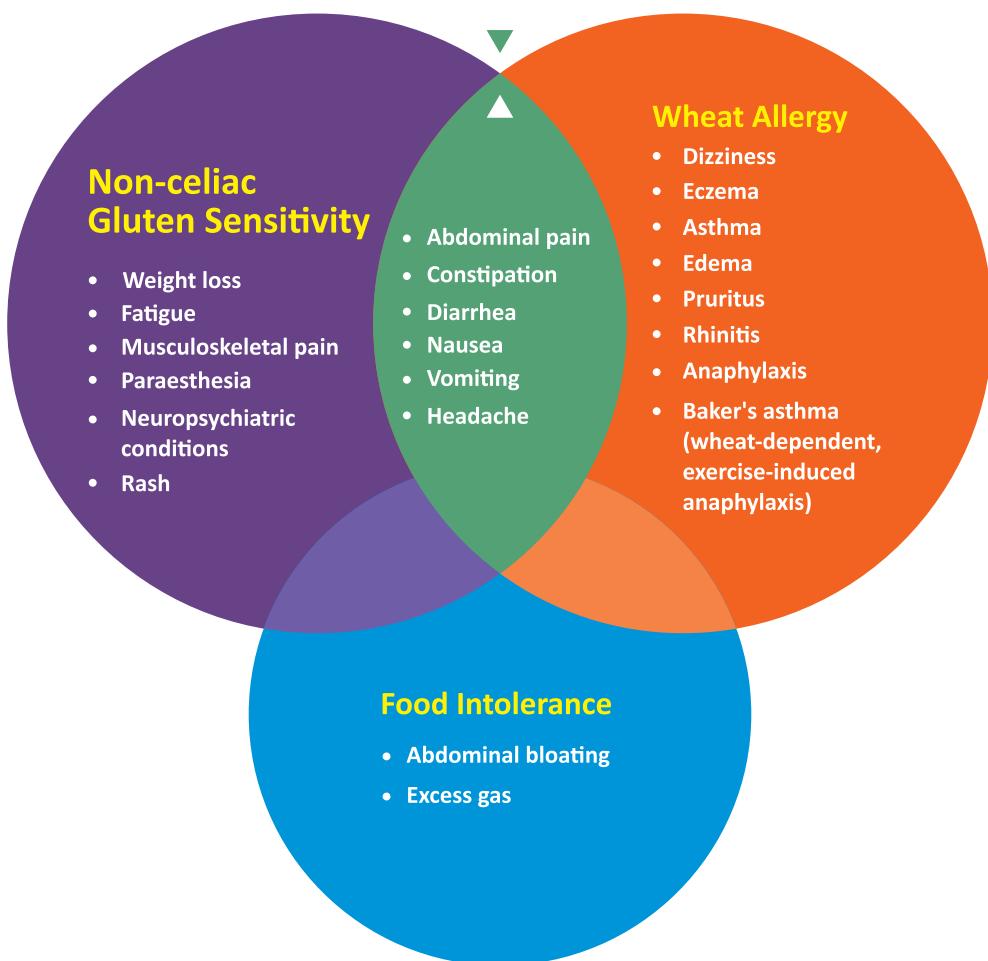
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**Symptoms common
to non-celiac gluten sensitivity
& wheat allergy**



**LABORATORY TESTS TO DIFFERENTIATE
THE SPECTRUM OF WHEAT SENSITIVITY**

- tTG-Tissue Transglutaminase IgA Antibody
- Endomysial IgA Antibody
- Deamidated Gliadin IgA Antibodies
- Deamidated Gliadin IgG Antibodies

- IgE, Total
- Gluten Allergen Specific IgE
- Wheat Allergen Specific IgE
- Comprehensive Food Panel (Veg. & Non Veg.)

• Food Intolerance Test

• Intestinal Biopsy

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