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# COELIAC DISEASE

## **What you will learn today.**

- what coeliac disease is;
- the associated conditions
- the myths surrounding the disease
- new approach
- advancements in foodstuffs and medicines in order to alleviate the symptoms



# COELIAC DISEASE



- **How many people does it affect?**
- Affects 11% of people in the UK (only 14% diagnosed, however).
- In the UK is 7 million.
- If the same % applied a school, we would have about 130 students with the disease.



# COELIAC DISEASE

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## **So, what exactly is coeliac disease?**

- is an autoimmune disease.
- Gluten, which is found in wheat, barley and rye triggers an immune reaction in people with coeliac disease.
- damages the lining of the small intestine.
- Other parts of the body may be affected.
- Thus, many people need a gluten-free diet to stay healthy.





# COELIAC DISEASE

- **What food is gluten in?**
- Gluten is in many common foods like some cereals, bread, barley, oats and pasta.



# COELIAC DISEASE

## What are the symptoms of the condition?

- There are many symptoms of coeliac disease BUT they vary from person to person.
- Constipation
- diarrhoea.

Loss of appetite



Stomach distension/bloating



Hard stools

Painful bowel movement

Possible bleeding

**at a glance**

**Constipation**

Nausea/vomiting

# COELIAC DISEASE



Tiredness/headaches

# COELIAC DISEASE





Alopecia/hair loss

# COELIAC DISEASE

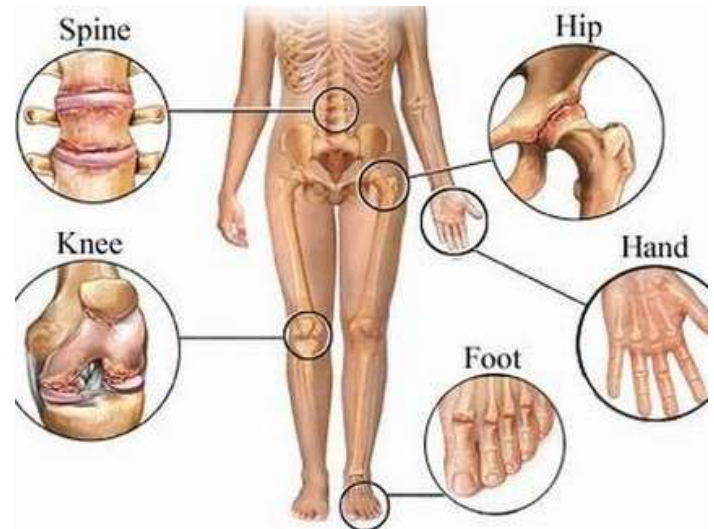


# COELIAC DISEASE

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- Joint and back pain



Infertility

# COELIAC DISEASE





Depression

# COELIAC DISEASE



# BCH Database 2001-2015

Presenting Symptoms, (n=1520)

Symptom	Percent	Children under 3 years usually have gastrointestinal symptoms
Abdominal pain/cramps	55.4	
Abdominal distension	13.5	
Diarrhea/loose stools	25.1	
Constipation/hard stools	31.1	
Nausea/vomiting	22.8	
Decreased appetite	10.1	
Increased fatigue	15.1	
Weight loss/poor weight gain	26.3	
Short stature/poor growth	15.4	
Frequent mouth ulcers	3.9	
Joint symptoms	4.9	
NO SYMPTOMS	7.8	

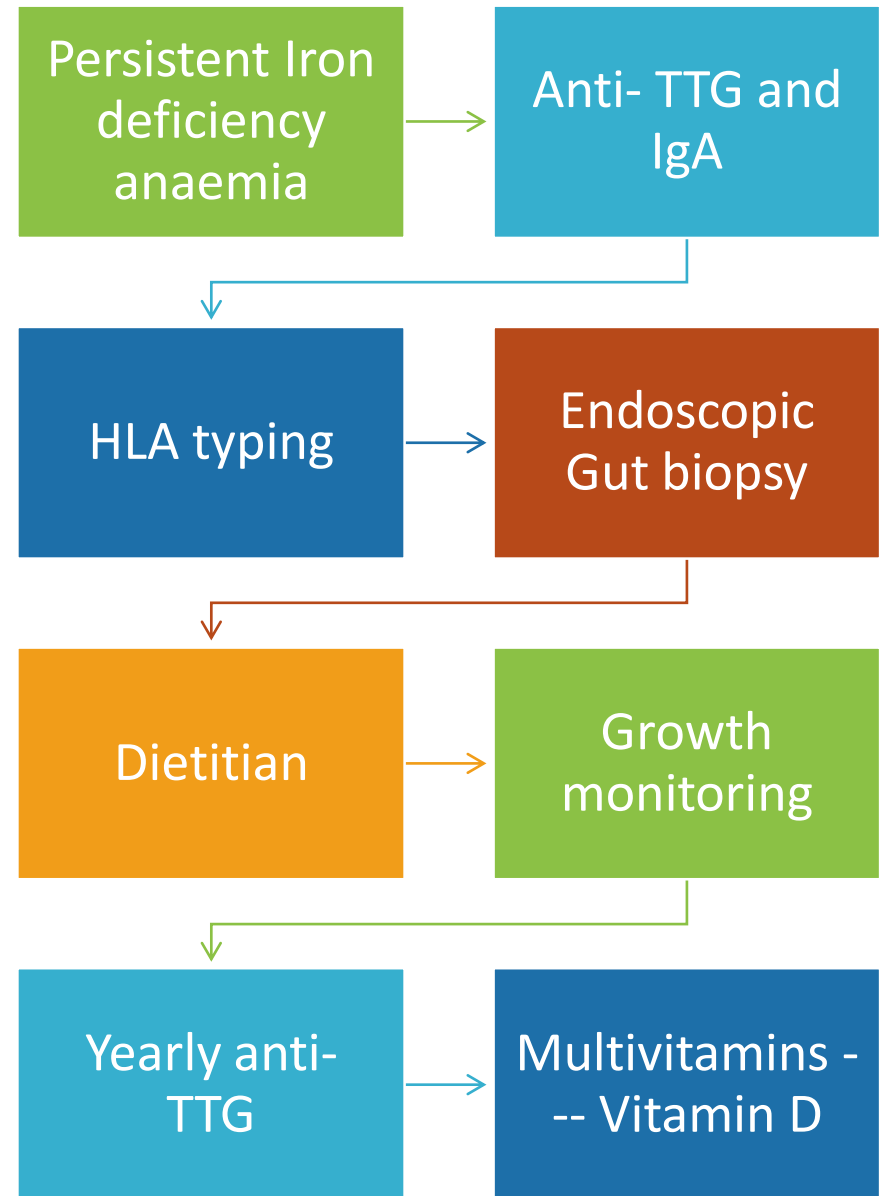


ar old with abdominal distension.

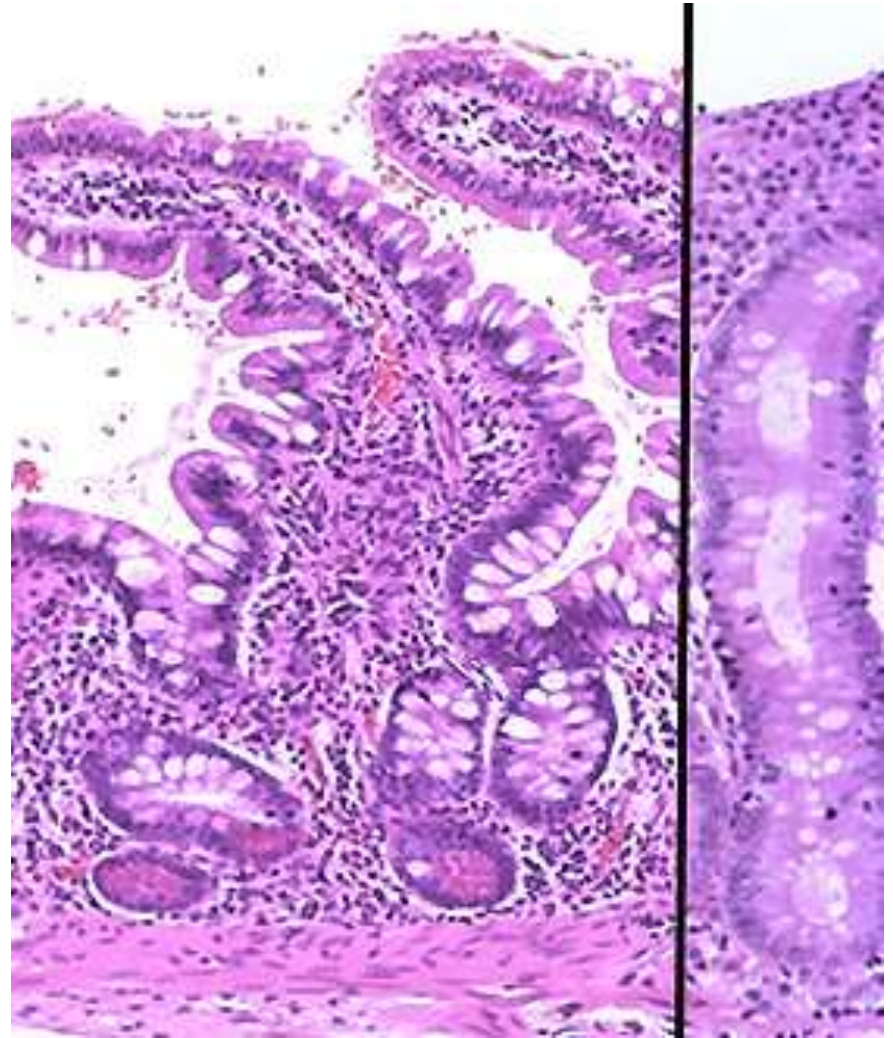




# Coeliac Investigations



# Normal vs Coeliac



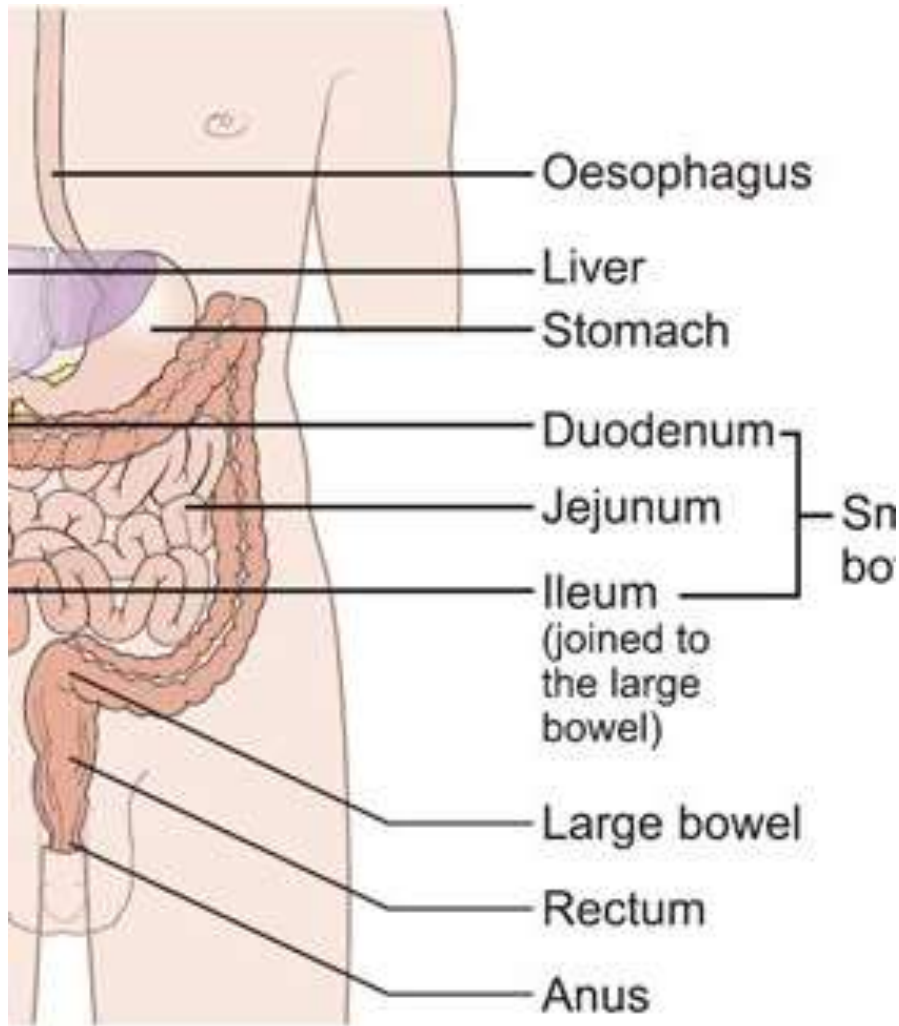


Diagram showing small b  
© CancerHel

## COELIAC DISEASE

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- In very, very rare cases, coeliac disease can lead to small bowel cancer but only if the condition is left untreated.

# COELIAC DISEASE

## Myths about coeliac disease

- “Coeliac disease is a food allergy or food intolerance issue”.  
**WRONG, WRONG, WRONG.**
- In fact, the condition is an autoimmune disease.





# COELIAC DISEASE

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- “If you have diarrhoea or are constipated, then you must have coeliac disease”. **NONSENSE!**
- In fact, coeliac disease can really affect anywhere in the body and the sore stomach can be something totally unrelated to coeliac disease.



# COELIAC DISEASE

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- “Coeliac disease only affects people who are adults”. **CRAZY TALK!!**
- In fact, coeliac disease can, and does, affect people from babies to the elderly.



# COELIAC DISEASE

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- “People can ‘grow out’ of the disease and is often only a temporary disease”. **WRONG!**
- In fact, coeliac disease is a lifelong condition and it doesn’t ‘just go away’ after diagnosis.



# COELIAC DISEASE

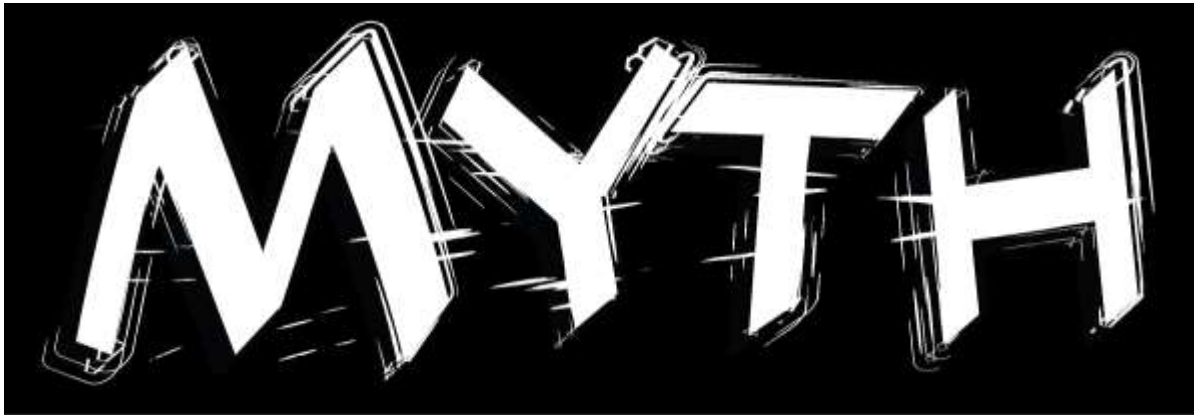
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- “You have to be underweight to be diagnosed with coeliac disease”. **LIES!**
- In fact, people who are underweight, overweight and optimum (perfect) weight can get the disease.



# COELIAC DISEASE

- “A breadcrumb cannot do any harm if a person with the condition eats it”. **IGNORANCE!**



- In fact, any amount, no matter how small, of gluten can be problematic to someone with coeliac disease.



# COELIAC DISEASE

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- In previous years, there was not too much choice with regards to food for people with the condition.
- This has now changed!! **GREAT NEWS!!**
- There are loads of shops which sell gluten free food – even Pizza Hut!!



# COELIAC DISEASE

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- Gluten free bread and pasta amongst other foods are now on sale in supermarkets.



The gluten free products are clearly signed in the shops!!  
You can't miss them!

# COELIAC DISEASE



There are loads of delicious gluten free recipes in loads of books.

# COELIAC DISEASE

## *Affordable* **Gluten Free** *Dinners*



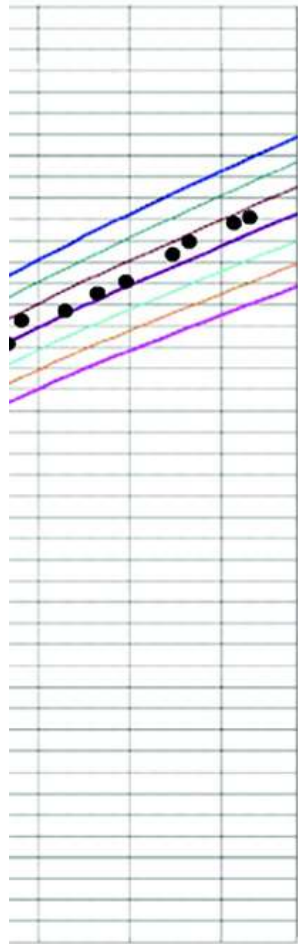
by Kimberlee Stokes

Food	Avoid unless labeled Gluten Free	Avoid
Fruits, nuts in their natural or processed form	Beer	Barley (malt, and malt vine
Grains	Breads, bread crumbs	Rye
Meats, fish and shellfish	Cakes, pies, cookies, crackers	Triticale (a cross of wheat and rye)
Vegetables	Candies	Wheat, bulgur
Processed food products	Cereals	Seitan
	Salad dressings, sauces including soy sauce	Durum flour
	Croutons	Farina flour
Starchy vegetables	French fries	Graham flour
(e.g., potatoes)	Gravies	Kamut
	Imitation meat or seafood	Semolina
	Matzo	Spelt
	Pastas	Couscous
	Processed luncheon meats	Triticale

# COELIAC DISEASE

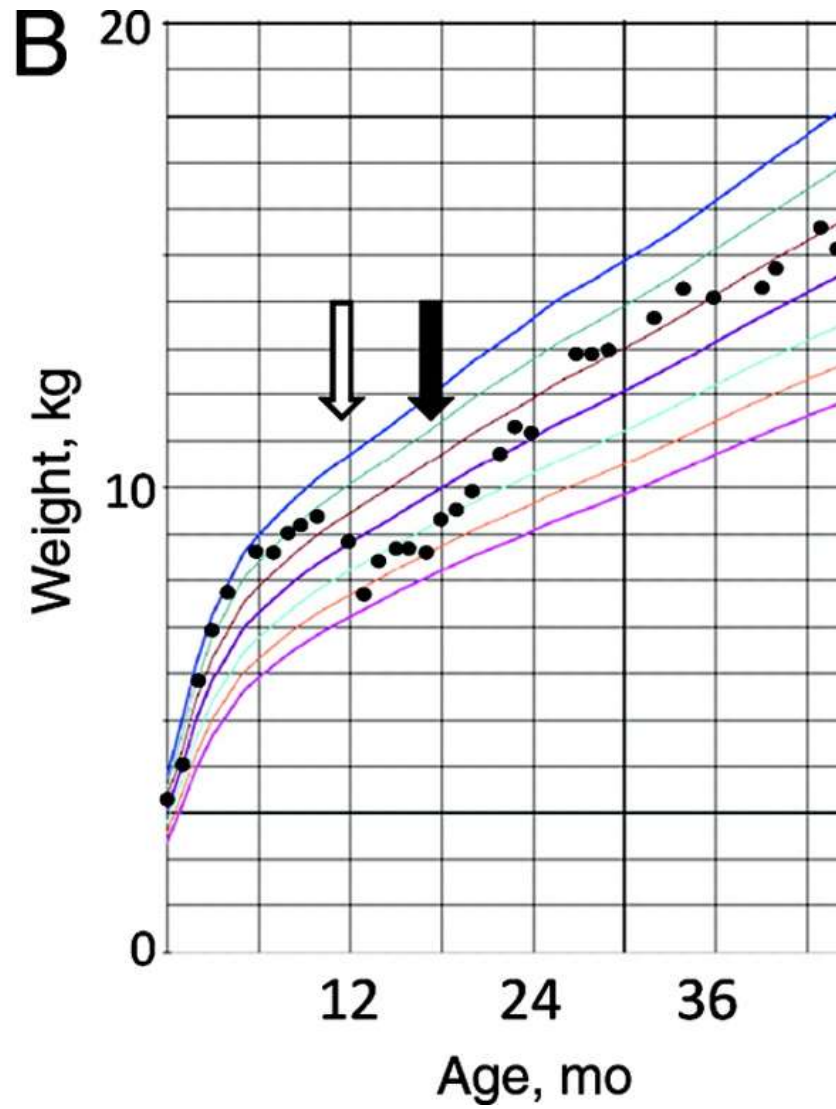






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COELIAC  
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