

What is **Celiac Disease?**

Celiac disease, is a chronic autoimmune disorder that primarily affects the small intestine. It is triggered by the ingestion of gluten, a protein found in wheat, barley, rye, and their derivatives. When individuals with celiac disease consume gluten, their immune system reacts abnormally, causing damage to the lining of the small intestine.

The damage occurs due to an immune response to gliadin, a component of gluten. This immune reaction results in inflammation and injury to the villi, tiny finger-like projections lining the small intestine, which are responsible for absorbing nutrients from food. As a consequence, people with celiac disease experience malabsorption of nutrients, leading to various symptoms and potential long-term complications.

The signs and symptoms of celiac disease can vary widely and may include digestive issues like abdominal pain, bloating, diarrhea, and constipation. Other common symptoms include fatigue, weight loss, anemia, bone or joint pain, skin rashes, and mood disorders.

How Do I Treat

Celiac Disease?

Celiac disease is a lifelong condition that currently has no cure. The primary treatment for individuals with celiac disease is to adhere strictly to a gluten-free diet, which involves avoiding all sources of gluten in their diet. With a gluten-free diet, the intestinal damage can heal, and symptoms can be managed effectively. It is important for individuals with celiac disease to work closely with healthcare professionals, such as dietitians specializing in celiac disease, to ensure they receive proper guidance and support in managing their condition.