

Do You Have Celiac Disease? Signs to Look For

The symptoms of celiac disease are known for their variability, but here are some of the most common ones. If you've been experiencing any of these, it is recommended that you set up an appointment with a qualified medical practitioner for testing and diagnosis.

Gastrointestinal Signs:

- **Bloating, discomfort, or pain in the abdominal area**
- **Diarrhea**
- **Constipation**
- **Lactose intolerance**
- **Ulcers in the mouth**
- **Poor appetite**
- **Stools: pale, loose, bulky, or foul-smelling**
- **Flatulence**

Malnutrition Signs:

- **Anemia**
- **Chronic Fatigue**
- **Weight loss**
- **Stunted growth in children or short stature**
- **Delayed puberty**
- **Dental enamel loss or discoloration of teeth**

Mental/Behavioral Signs:

- **Irritability or behavior changes, esp. in children**
- **Anxiety**
- **Depression**

Other Signs:

- **Arthritis**
- **Bone or joint pain**
- **Tingling sensation or numbness in the extremities**
- **Seizures or epilepsy**
- **Irregular menstrual cycles**
- **Itchy rash (dermatitis herpetiformis, or the "gluten rash")**
- **Infertility**
- **Other autoimmune disorders such as diabetes**
- **Ataxia (poor muscle coordination)**
- **Osteoporosis**
- **Frequent miscarriages**
- **Liver disease**
- **Cancers of the intestine**

Resources

Looking for answers? Here are some great resources:

Websites:

Celiac.com
www.celiac.com

Gluten-Free Restaurant Awareness Program
<http://www.GlutenFreeRestaurants.org>

Celiac Disease Center at Columbia University
<http://CeliacDiseaseCenter.columbia.edu>

The Food Allergy Network
<http://www.foodallergy.com>

GlutenSyndrome.net
<http://www.glutensyndrome.net>

Gluten Free Society
<http://www.glutenfreesociety.org>

Celiac Handbook
<http://www.celiachandbook.com>

Groups:

American Celiac Society
(504) 737-3293
<http://www.americanceliacsociety.org>

Celiac Sprue Association/USA, Inc.
<http://www.csaceliacs.org>

Celiac Disease Foundation
<http://Celiac.org>

Gluten Intolerance Group of North America
(253) 833-6655
www.gluten.net

R.O.C.K (Raising Our Celiac Kids)
<http://www.celiackids.com>
Kids with Food Allergies, Inc.
<http://www.KidsWithFoodAllergies.org>

American Celiac Disease Alliance
<http://www.americanceeliac.org>

National Foundation for Celiac Awareness (NFCA)
<http://www.celiaccentral.org>

Resources:

National Digestive Diseases Information Clearinghouse: What are the symptoms of celiac disease?
<http://digestive.niddk.nih.gov/ddiseases/pubs/celiac/#symptoms>

About.com: Typical and Atypical Symptoms of Celiac Disease in Adults and Children
<http://celiacdisease.about.com/od/symptomsofceliacdisease/a/celiacsymptoms.htm>

Tina Turbin, Founder of <http://paleoglutenfreerecipes.com>
Your Dependable Celiac and Gluten-Free Resource Guide

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