

Celiac Disease



Overview

This is an immune system disease. With it, your immune system reacts to foods that contain gluten. That's a protein found in wheat, rye and barley. When you eat gluten, your immune system attacks and harms your small intestine. This makes it hard for your body to absorb nutrients.

Causes and risk factors

What causes celiac disease? Well, we don't fully understand it. We know it's linked to your genes. And, it runs in families. It's more common in people who have certain autoimmune diseases like type 1 diabetes or rheumatoid arthritis. It's also more common in people who have a genetic disorder like Down syndrome or Turner's syndrome.

Symptoms

Celiac disease can cause a wide range of symptoms. These can vary from person to person. Some have digestive problems, such as diarrhea and constipation. Some have weight loss or delayed growth. It can cause you to feel tired and irritable. You may feel anxious or depressed. Celiac disease can cause problems with bones, teeth, skin, hair and joints. For a full list of symptoms, ask your doctor.

Management

Celiac disease is managed with a strict gluten-free diet. Medications may help you, too. And, you may benefit from vitamin and mineral supplements. Your healthcare provider will create a care plan that's right for you.