

## Treatment of celiac disease

Although a chronic disorder, celiac disease has excellent prognosis if diagnosed on time, with timely initiation of treatment and gluten-free diet.

With good knowledge of and compliance with gluten-free diet, the health of a person with celiac disease can be quite comparable to the health of any other person!

In case of any suspicion or symptoms suggestive of celiac disease, the person should undergo respective testing because the disease, if left untreated, will lead to numerous and serious complications.



**Get the result  
from a drop of blood  
in only 10 minutes!**

**The price of testing is  
385.00 HRK.**

Any additional information available at:

Unit for Preventive Medicine,  
telephone

+385 (0)1 46 96 168

or

+385 (0)1 46 96 191

Monday through Friday

from 08:00 a.m. to 04:00 p.m.



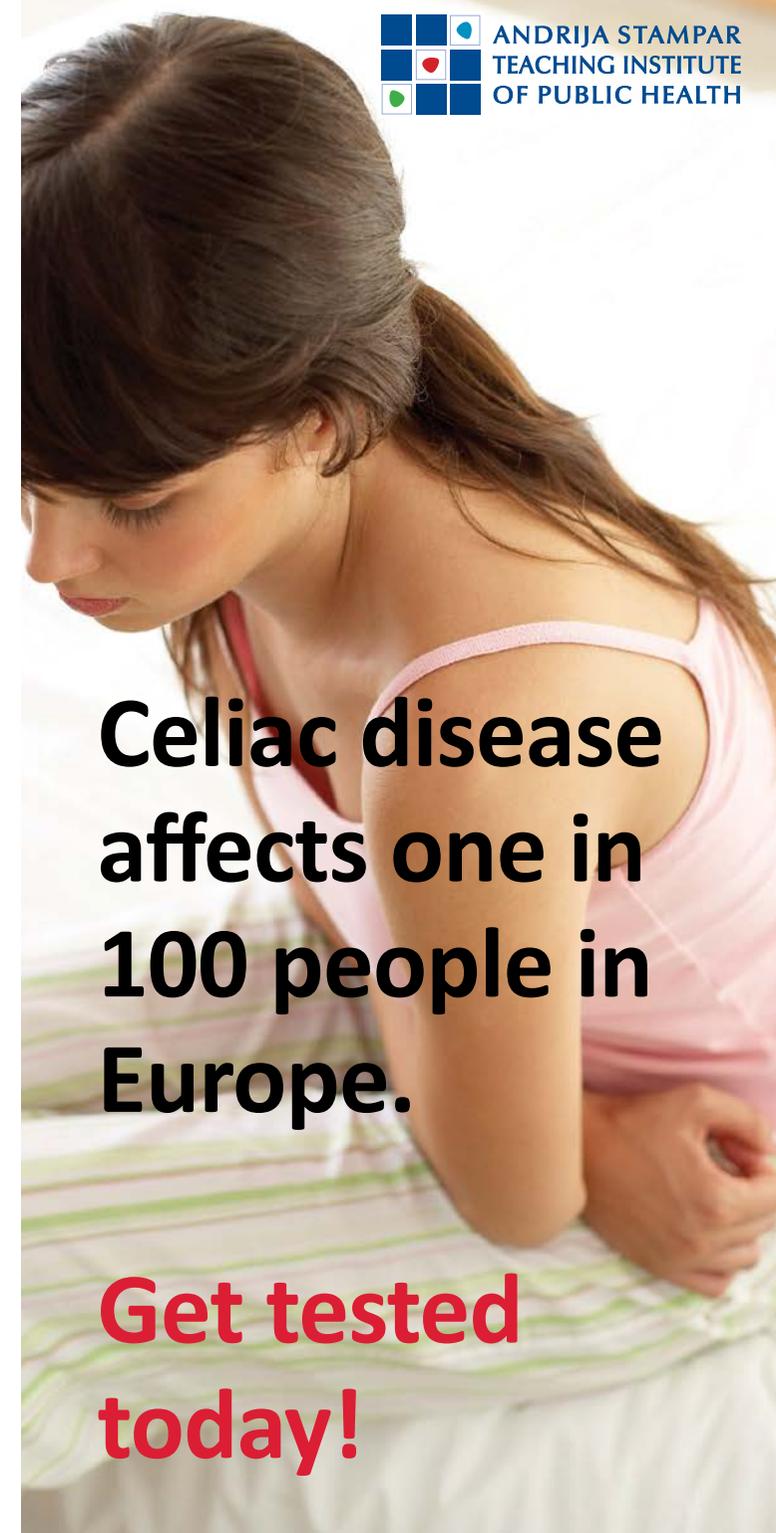
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**Celiac disease  
affects one in  
100 people in  
Europe.**

**Get tested  
today!**

Celiac disease or gluten enteropathy is defined as a disease characterized by intolerance to gluten<sup>1</sup>, a protein of wheat, rye, barley, oats and other cereals, their hybrid varieties.

It is estimated that approximately 1% of the population are affected with celiac disease<sup>2,3</sup>, making it the most widely spread autoimmune disease in the world.

### Clinical manifestation of the disease

Clinical picture can be overt and easily recognizable; however, the disease may frequently take a silent course.

The symptoms of celiac disease may vary depending on patient age:

- Infants and toddlers: gastrointestinal symptoms (vomiting, flatulence, diarrheal stools, weight loss, fatigue, malaise).
- Older children and adolescents: failure to thrive, anemia and neurologic symptoms, dental enamel and oral mucosa lesions.
- Adults: symptoms such as fatigue, malaise, anemia, skin changes, osteoporosis, arthritis, migraine, flatulence, elevated liver enzymes, osteopenia and neuromuscular disorders, dental enamel and oral mucosa lesions.

### Why get tested for celiac disease?

The prevalence of complications associated with untreated celiac disease<sup>4</sup> increases with time:

- 35% of individuals will develop osteoporosis
- 30% of individuals will develop other autoimmune diseases such as type 1 diabetes
- 20% of individuals will suffer anemia
- eight-fold greater risk of abortion
- nine-fold greater risk of intestinal lymphoma
- increased risk of developing lymphoproliferative diseases (chronic lymphatic leukemia ...)

Untreated celiac disease is attributed to the low level of general awareness of the broad spectrum of the clinical forms of the disease, along with inadequate utilization of serologic laboratory tests available<sup>5</sup>.

### Diagnosis of celiac disease

Celiac disease and lack of IgA antibodies are detected by a serologic diagnostic immunochromatographic assay (Simtomax [DGP]). The test is rapid and easy to perform, with the finding reported within 10 minutes. The test is highly sensitive, thus a negative finding is really negative with a high level of precision, whereas a positive finding requires additional gastroenterological work-up since the diagnosis of celiac disease is almost exclusively based on intestinal biopsy. The assay has 94% sensitivity and 95% specificity.

References:

<sup>1</sup> Green PH, Cellier C. Celiac disease. *N Engl J Med.* 2007;357:1731-1743.

<sup>2</sup> Accomando S. Et al. The Global Village of Celiac Disease. *Dig Liver Dis.* 2004 Jul 36(7):492-8. Review

<sup>3</sup> West J, Logan RF, Hill PG. Seroprevalence, correlates, and characteristics of undetected celiac disease in England. *Gut.* 2003;52:960-965.

<sup>4</sup> Moher D. Et al. Evidence Report. Technology Assessment Number 194 – Celiac Disease. University of Ottawa Evidence-based Practice Center, University of Ottawa, Ottawa, Canada

<sup>5</sup> Hin H, Bird G, Fisher P, Mahy N, Jewell D. Coeliac disease in primary care: case finding study. *BMJ* 1999;318:164-167

