

## GLUTEN SENSITIVITY AND CELIAC DISEASE SYMPTOMS

### ADULTS

- Abdominal bloating or pain
- Chronic diarrhea or pale, foul smelling or fatty stool
- Iron deficiency anemia
- Peripheral neuropathy
- Missed menstrual periods
- Recurrent miscarriage
- Dermatitis herpetiformis
- Constipation
- Joint pain
- Arthritis
- Bone loss
- Depression
- Infertility
- Vomiting
- Weight loss
- Fatigue
- Seizures
- Osteoporosis
- Anxiety
- Canker sores

### CHILDREN

- Diarrhea and failure to thrive
- Anorexia
- Vomiting
- Dental enamel hypoplasia
- Short stature
- Iron deficient anemia resistant to oral iron
- Recurrent abdominal pain
- Constipation
- Dermatitis herpetiformis
- Osteoporosis
- Delayed puberty
- Irritability

### What is gluten sensitivity?

The term “gluten sensitivity” has been used to refer to a variety of clinical complaints caused by the ingestion of gluten. The most commonly known gluten sensitivity is celiac disease or gluten sensitive enteropathy (GSE). GSE is a genetic autoimmune disease of the small intestines whereby the ingestion of gluten results in inflammation and loss of villus structure.

A second type of gluten sensitivity is known as gluten sensitivity without enteropathy. This type of sensitivity also involves an inappropriate immune response to gluten, but can occur in any individual. Gluten sensitivity without enteropathy is typically induced by intestinal barrier distress and enhanced intestinal permeability. In both types of gluten sensitivity, the immune system overreacts to the presence of gluten, resulting in the production of antibodies to gliadin and tissue transglutaminase.