

# What is Coeliac Disease?

an autoimmune disease triggered by gluten where the immune system attacks your own tissue

## About Coeliac Disease (CD) **Coeliac Disease currently affects 1 in 100 people in the UK**

It is believed only 36% have been diagnosed meaning many more are living with CD without knowing. In CD, your immune system attacks your own tissues when you eat gluten. This damages the lining of the small intestine, leading to intestinal permeability (often referred to as leaky gut), so you are unable to properly absorb nutrients from food. Once CD is confirmed, it's important to eliminate foods containing gluten to help heal the intestinal lining and start absorbing nutrients from the diet.

### Digestive Issues & Malabsorption

Digestive issues commonly include nausea, feeling sick, vomiting, abdominal bloating, pain, persistent diarrhoea and/or constipation. Onset typically coincides with gluten ingestion. Damage to the intestinal lining means the body cannot properly absorb nutrients from food.

### Fatigue

Prolonged tiredness and chronic fatigue, often due to malabsorption of nutrients and/or sleep disturbance caused by other symptoms.

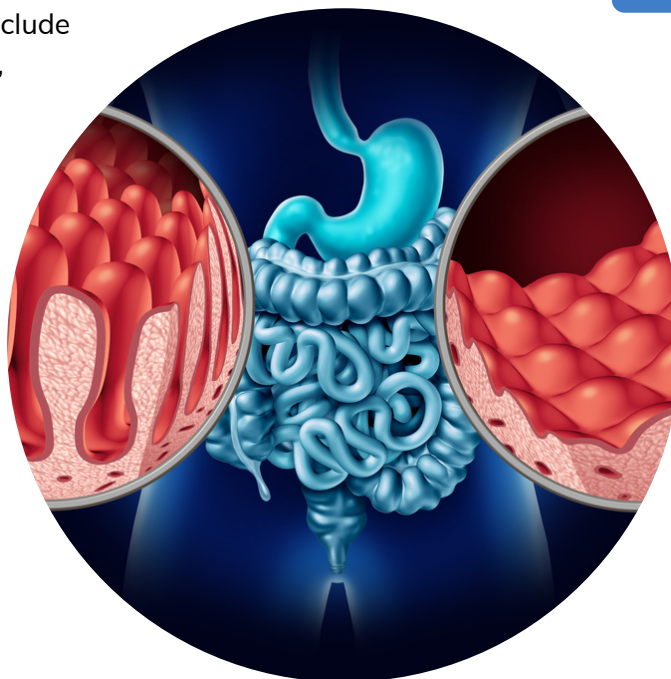
### Mouth Ulcers

Chronic or repeated mouth ulcer occurrence often triggered by malabsorption, vitamin B12 or folate deficiency, and anaemia.

### Diet & Nutrition **Diet and Lifestyle support for Coeliac Disease**

There are many ways to support Coeliac Disease and related issues of malabsorption of nutrients from food. The primary protocol is to exclude foods that contain gluten from your diet. BANT nutrition practitioners can support GPs and gastroenterologists with the implementation of personalised dietary and lifestyle recommendations to help eliminate or manage frequency and severity of symptoms, and restore balance to your diet.

### Common Symptoms of CD



### Dermatitis Herpetiformis (DH)

DH is the skin manifestation of coeliac disease, a chronic skin condition triggered and mediated by a reaction to gluten ingestion. Commonly expressed as itchy skin rashes made up of bumps and blisters that develop on the elbows, buttocks, and knees.

### Anaemia

Iron deficiency is a common cause of anaemia in people with coeliac disease. Iron absorption takes place in the intestine where most damage occurs in Coeliac Disease. Anaemia is where you have fewer red blood cells than normal or you have an abnormally low amount of a substance called haemoglobin in each red blood cell.

### Unintentional Weight Loss

Difficulty digesting food efficiently can lead to malnutrition and cause weight loss and difficulty maintaining a health weight, and/or delayed growth and puberty in children and teenagers.

