

What Exactly Is Celiac Disease?

Celiac Disease (Ce D) is a genetically passed down autoimmune disorder that is directly influenced by an individual's diet. This immune disorder is becoming increasingly common, affecting approximately 1 out every 140 individuals. Celiac Disease is a unique condition in that it does not attack the body, as is the case with most pathogens. Instead the body's immune system attacks itself in the presence of the antigen known as gluten. The longer an individual goes without being diagnosed the greater their chances become of developing other serious health conditions such as diabetes and thyroid disease.

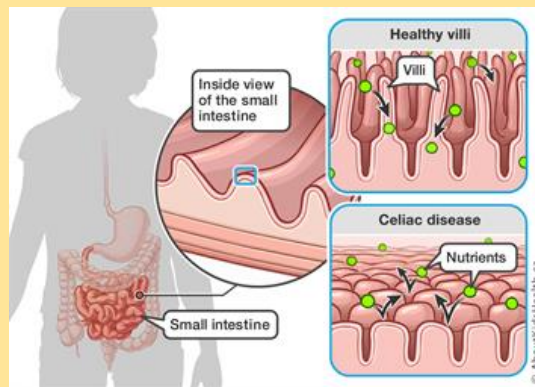


Source:

<https://www.liveyourlifep.com/blog/2021/05/14/how-do-i-know-if-i-have-celiac-disease/> Retrieved 9/16/2021.

How Does Ce D Affect My Body?

Celiac Disease begins with the irritation of the intestinal lining when foods or beverages containing gluten are consumed. The microvilli in the intestines become irritated and begin degrading after repeated exposure to gluten. When the villus becomes “flattened” the greatly reduced surface area is unable to maintain regular nutrient absorption. This immune response can lead to a range of potential side effects such as diarrhea, nausea, pain, malnutrition and contribute to disruptions in otherwise normal physiology.



Source:

<https://www.aboutkidshealth.ca/fr/Article?contentid=2527&language=English> Retrieved 9/16/2021.

How Can I Treat Ce D?

Once the patient has been diagnosed with Celiac Disease the primary course of treatment is the removal of gluten from the diet. Studies have shown that removing gluten will both prevent the harmful reactions as well as eliminate most existing side effects. List of Foods/Drinks To Avoid:

- Bread
- Beer
- Pasta
- Cereals
- Biscuit/crackers/chips
- Processed meats (hot dogs, luncheon meat etc.)
- Cake/pastries/pies
- Gravies/sauces/dressings

The patient must also be sure to pay attention to how products are being prepared. Products that do not contain gluten can still cause an immune reaction because of cross-contamination. Celiac Disease will require the patient to adhere to a lifelong commitment with the gluten-free diet. By staying diligent and self-educating the negative effects of Celiac Disease can be kept to a minimum.

References

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