

Celiac disease, an autoimmune disorder in which people are unable to digest gluten, is 100 times more common now than it was 10 years ago.



4 BEING OVERWEIGHT DOES NOT EXCLUDE YOU FROM CELIAC.

Traditionally, people with “classic” celiac have trouble absorbing nutrients and historically would have been

underweight. But about 30 percent of newly diagnosed people with celiac are overweight, and about 30 percent are constipated, Lewey says. “In the U.S., we have easy access to simple calories that don’t require any real work by the body to digest and can be absorbed easily throughout the intestine. For example, soda, fruit juice, and high fructose corn syrup,” he says. “So you can be overweight and have celiac.”



5 UNCHECKED CELIAC UPS YOUR RISK FOR OTHER AUTOIMMUNE DISEASES.

The case for controlling celiac goes beyond the disease itself. For people with undiagnosed

or untreated celiac disease, the longer they continue to consume gluten, the higher their risk is of developing a second, third, or fourth autoimmune disease, Lewey says. “Your risk for type 1 diabetes, lupus, or a thyroid condition goes up dramatically. But once you’ve been gluten-free for about five years, your risk for these and other autoimmune diseases goes back to what it is for the normal population.”



6 SOME PEOPLE DO REQUIRE MORE TREATMENT THAN ELIMINATING GLUTEN.

For most people, a strict gluten-free diet — no exposure at all — is sufficient

to relieve celiac symptoms. “If that doesn’t work because you’re extremely sensitive to gluten, we may need to suppress your immune system by putting you on steroids like prednisone,” Krishnan says. “It can help decrease the inflammation in order to alleviate symptoms and improve absorption of nutrients.”



7 ELIMINATING OR REDUCING GLUTEN CAN BE GOOD FOR YOUR HEALTH — PERIOD.

Even if you haven’t been diagnosed with celiac or non-celiac

gluten sensitivity, reducing or eliminating gluten from your diet can be healthy. Some people who’ve done so have experienced benefits from decreased joint pain to clearer skin and weight loss. But if you’re considering it, Lewey offers a cautionary note.

“If you’re going to completely eliminate gluten or restrict it significantly, you really should get screened for celiac first. Because once you go gluten-free or restrict gluten, many people feel much better, but then you’re left with the question: Did you or did you not have celiac, and do you need to be gluten-free?”



Dr. Prashant Krishnan

FREE COMMUNITY SEMINAR

Date: Thu, Apr 24 • Time: 6-7 p.m.

Want to learn more about gluten sensitivity? Join Dr. Krishnan for a discussion on gluten, celiac, irritable bowel syndrome and other digestive health issues. Bring your questions for the Q&A session.

Location: Castle Rock Adventist Hospital Conference Center

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