

What is Celiac Disease a.k.a. Celiac Sprue?

- Celiac Disease (Celiac Sprue) is an auto-immune disease where the small intestine cannot digest a protein called gluten.
- Exposure to gluten causes damage to the walls of the small intestine, resulting in nutritional deficiencies.

What are the symptoms?

Abdominal Pain	Fatigue	Bone/Joint Pain
Malnutrition	Loss of Hair	Weight Loss
Constipation	Depression	Decreased Appetite
Diarrhea	Anemia/Bruising	Mouth Ulcers
Nausea/Vomiting	Seizures	Abdominal Distention

Where is gluten found?

- Gluten is a protein in wheat, barley and rye. It is sometimes found in oats because of cross-contact of equipment (farming and processing) with wheat, barley and rye.
 - Gluten is used in many processed food products.
 - Wheat free DOES NOT mean gluten free!

How is Celiac Disease treated?

- THE ONLY TREATMENT IS STRICT AVOIDANCE OF FOODS CONTAINING GLUTEN.