

# Celiac Disease

Student Name:	DOB:
Parent Name:	Number:
Practitioner Name:	Practitioner Number:
Allergies:	Medication:

**\*SEE NURSE OFFICE FOR Dr's Orders\***

## Overview

Celiac disease is a serious autoimmune disease that occurs in genetically predisposed people where the ingestion of gluten leads to damage in the small intestine. It is estimated to affect 1 in 100 people worldwide, but only about 30% are properly diagnosed.

When people with celiac disease eat gluten (a protein found in wheat, rye, and barley), their body mounts an immune response that attacks the small intestine. These attacks lead to damage on the villi, small fingerlike projections that line the small intestine, that promote nutrient absorption. When the villi get damaged, nutrients cannot be absorbed properly into the body.

Celiac disease is hereditary, meaning that it runs in families. **People with a first-degree relative with celiac disease (parent, child, sibling) have a 1 in 10 risk of developing celiac disease.**

Celiac disease can develop at any age after people start consuming gluten. Left untreated, celiac disease can lead to additional serious health problems. (*What Is Celiac Disease?*, n.d.)

# Symptoms

**Digestive symptoms are more common in infants and children. here are the most common symptoms found in children:**

- Abdominal bloating and pain
- Chronic diarrhea
- Vomiting
- Constipation
- Weight loss
- Fatigue
- Irritability and behavioral issues
- Short stature/failure to thrive
- Delayed growth and puberty
- Dental enamel defects of the permanent teeth
- Attention Deficit Hyperactivity Disorder (ADHD)

(Hunterdon Gastroenterology Associates, 2019)

# Accommodations:

## Adult Signs and Symptoms



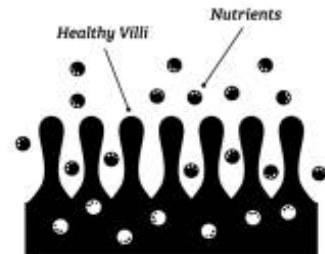
## Children under 2 years old.



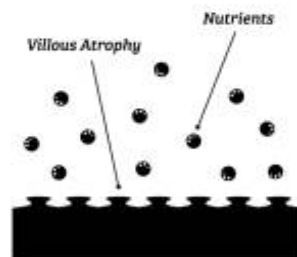
## Children above 2 years old.



## Celiac Disease



Normal



Celiac Disease

(Leremy, 2019)

