OBJECTIVES

We sought to understand the distribution of gastrointestinal (GI) and non-gastrointestinal (non-GI) symptoms experienced by people diagnosed with celiac disease or other gluten-related disorders (GRD) when exposed to gluten.

RESULTS

- 2033 (91%) reported experiencing symptoms with gluten exposure.
- 2000 (98.4%) of the symptomatic participants have GI symptoms and 1956 (96.2%) have non-GI symptoms.
- Most common GI symptoms were abdominal pain or discomfort (85.6%), abdominal bloating (82%), gas (74.1%), and diarrhea (73.5%).
- Most common non-GI symptoms were fatigue (83.4%), brain fog (76.6%), irritability (63.6%), and headaches (63.4%).
- 67 (3.4%) symptomatic participants report only GI symptoms.
- 23 (1.1%) report only non-GI symptoms.

CONCLUSIONS

This survey contributes to the understanding of the symptom diversity with gluten exposure in people with celiac disease and GRD. Limitations include that diagnosis was self-reported. Many people with only non-GI symptoms may not be diagnosed with celiac disease, so this group is most likely underrepresented. Physicians and dietitians should be aware of common non-GI symptoms when considering diagnostic screening or celiac disease management.