

COULD YOU HAVE CELIAC DISEASE?

Resource created in partnership with:



What is Celiac Disease?

Celiac disease is a condition that is triggered by gluten and hurts the small intestine. It can affect a person of any race, ethnicity, gender or age.

What are the Signs and Symptoms?

Symptoms vary widely, and can affect digestion, emotions, the brain, and even skin. Some people have no symptoms at all, aside from internal damage. Here are a few common symptoms:

Brain



- Anxiety
- Brain fog/can't concentrate
- Depression
- Headaches
- Irritability

Digestion



- Bloating/gas
- Constipation
- Diarrhea
- Nausea
- Stomach pain
- Vomiting

Other



- Arthritis and joint pain
- Fatigue (tired)
- Itchy rash
- Mouth sores
- Tingling in limbs

Treatment is a Diet Change

The only treatment for celiac disease is a lifelong gluten-free (GF) diet. Gluten is in **wheat, barley and rye**, so someone diagnosed with celiac disease avoids eating or drinking anything with these ingredients, such as bread, pasta, cookies, beer and more.

Luckily, **most foods are GF!** There are also GF versions of bread, pasta and sweets.

	Fruits
	Vegetables, potatoes and beans
	Meats and fish
	Dairy and eggs
	Grains? It depends



Think you could have celiac disease? Keep eating gluten and fill out a symptom checklist BeyondCeliac.org/symptoms-checklist

Your Next Steps



Know the Facts

- Type 1 diabetes (T1D) and celiac disease are both **autoimmune conditions**. They are not contagious, but they can run in families.
- People with one autoimmune disease are more likely to develop another autoimmune disease.
- According to Breakthrough T1D, **approximately 6% of those with T1D also have celiac disease**.
- In those with both, T1D is usually diagnosed first.
- There is no elevated risk of developing celiac disease in those with **type 2** diabetes.



Get Tested

- **DO NOT go on a gluten-free diet** unless you have been diagnosed with celiac disease.
- Talk with your doctor about getting tested for celiac disease and/or type 1 diabetes. Both conditions **can be diagnosed with simple blood tests**, although your doctor may want to do additional testing.

Learn More

Thinking about life with an autoimmune disease can feel overwhelming, but Beyond Celiac and Breakthrough T1D have resources for every step of the process, from diagnosis and treatment to the future—one where both conditions have a true cure.

No matter where you are in your journey, we're here to support you.

Visit BeyondCeliac.org and BreakthroughT1D.org.



Scan the QR code to learn more about getting tested for T1D.



Scan the QR code to learn more about getting tested for celiac disease.

