

Dr Cartee discussion February 10th, 2020

Basics of Celiac

The only autoimmune disorder that we know the environmental stimulus

70% are women

Can emerge at any age

Various Ethnic Backgrounds

Diverse symptoms - Gastro, extra intestinal joint pain, headaches rashes, fatigue. Some are Asymptomatic.

30% of people carry HLA gene but only 1% gets Celiac – don't know why - infections, stress, amount of & timing of gluten exposure

GF diet is the only treatment for now - No medication

Goal of treatment is to heal bowel

Once diagnosed, Dr. Cartee focuses on (with the patient)

- education

- Complications and related health issues

Going GF is easier said than done (Dr. Cartee recommends):

Referral to a dietitian KNOWLEDGEABLE in Celiac Disease

Follow Up Visits with the Gastro

Support groups

Oat controversy - purity protocol oats

Avenin is a protein in oat and similar to gluten

Avoid oats 6-12 months after diagnosis and then try purity protocol oats

Autoimmune thyroid disease - testing every year

Type 1 diabetes - typically diagnosed before Celiac or sometimes at the same time

Overweight Obesity after GF diet 1/3 stays the same weight, 1/3 loses weight and 1/3 gains

First degree relative risk of Celiac is 25%, children tested starting at age 2+, repeat testing every 3-5 years

Children all heal

Longer healing time in adults

Follow Up Care:

6months after diagnosis- retest TTg and check vitamins and minerals

12 months – TTg, Check cholesterol, check vitamins

24 months - Same as 12 mo, repeat upper endoscopy in adults and check bone density

Long term management (after 24 months after diagnosis) – talk to patient about symptoms, how's gf diet going?, lab work, has anyone else been diagnosed in family? Review other autoimmune diseases,

As many as 40% of people with Celiac Disease report symptoms despite a GF diet. - exposure to gluten, associated with CD or unrelated to CD

Preventing and Detecting Gluten Exposure

Nima (but can only test a little portion of food)

Gluten Detective

Both of these options are not FDA regulated , expensive, uncertain role in management

What do you do when you get Glutened?

No medication to treat effects of gluten exposure