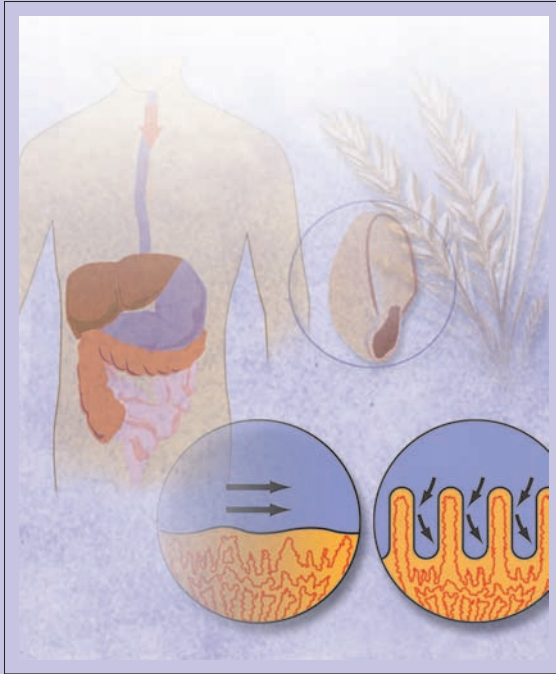


Want to know more about **coeliac** disease?



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Coeliac disease

FACT *There are thought to be at least 125,000¹ people diagnosed with the coeliac condition in the UK and the numbers are increasing.*

On average over 9,000¹ people are diagnosed with coeliac disease in the UK each year. Experts researching the condition believe that the disease may affect as many as 1 person in every 100¹ with the majority of those undiagnosed.

Many people visiting their GP with unexplained symptoms may initially be diagnosed with 'irritable bowel syndrome' (IBS) before further investigations reveal they are suffering from coeliac disease.²

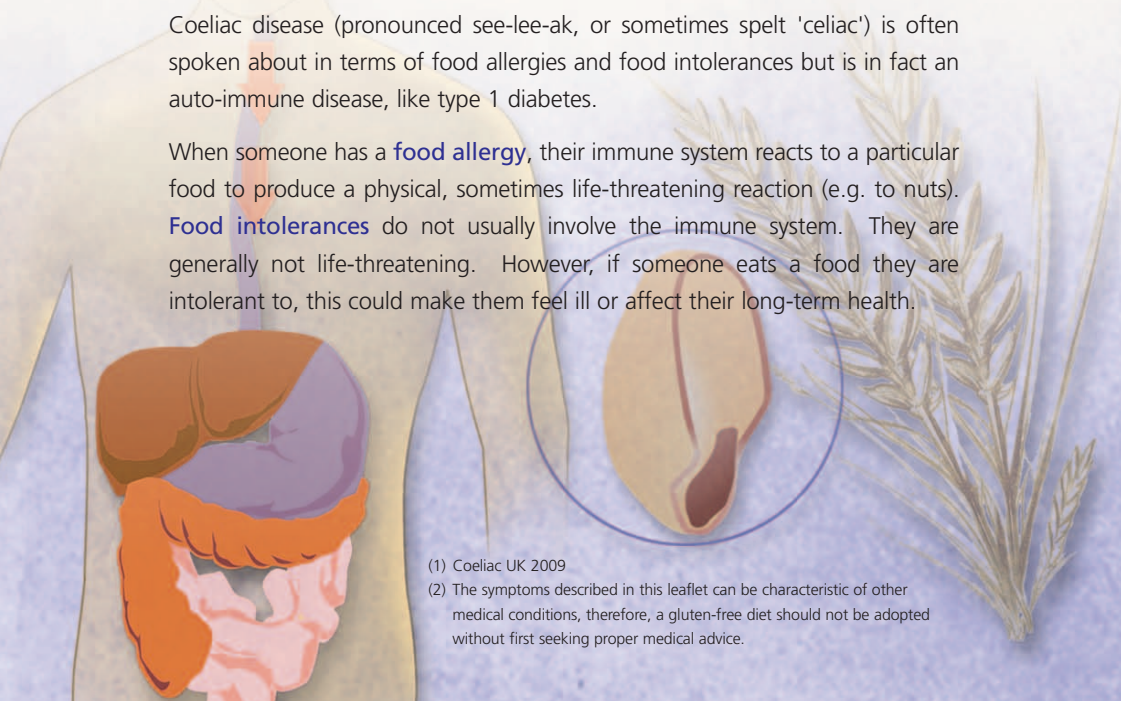
FACT *The word 'coeliac' is derived from the Greek word koiiliakos meaning "suffering in the bowels"*

Coeliac disease (pronounced see-lee-ak, or sometimes spelt 'celiac') is often spoken about in terms of food allergies and food intolerances but is in fact an auto-immune disease, like type 1 diabetes.

When someone has a **food allergy**, their immune system reacts to a particular food to produce a physical, sometimes life-threatening reaction (e.g. to nuts). **Food intolerances** do not usually involve the immune system. They are generally not life-threatening. However, if someone eats a food they are intolerant to, this could make them feel ill or affect their long-term health.

(1) Coeliac UK 2009

(2) The symptoms described in this leaflet can be characteristic of other medical conditions, therefore, a gluten-free diet should not be adopted without first seeking proper medical advice.



FACT *Symptoms in childhood normally occur at the weaning stage*

Children who have been perfectly healthy from birth may fail to thrive at weaning. They may become irritable, have diarrhoea, vomiting, and pass pale stools. Older children may just stop growing and have less obvious symptoms.

FACT *Coeliac disease does have a tendency to run in families*

Recent research has established that there is a genetic link to coeliac disease. One in 10 close relatives of a person diagnosed with coeliac disease¹ may also be affected, so family screening is recommended.

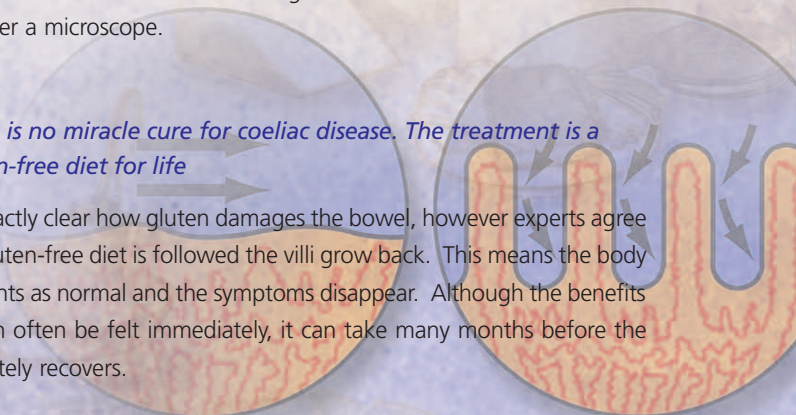
FACT *Coeliac disease can only be confirmed by an endoscopy*

Blood tests are now widely used to help screen for the condition. Self-testing kits are a useful starting point, but are not 100% accurate. Coeliac UK recommends that anyone who thinks they may have coeliac disease should visit their GP for further investigation.

Your GP will then refer you to a gastroenterologist who will carry out a small intestinal biopsy (endoscopy), the only official way to confirm that you definitely have coeliac disease. This procedure normally takes place in an outpatient clinic, under mild sedation. A section of the lining of the bowel is taken and the villi examined under a microscope.

FACT *There is no miracle cure for coeliac disease. The treatment is a gluten-free diet for life*

It is still not exactly clear how gluten damages the bowel, however experts agree that once a gluten-free diet is followed the villi grow back. This means the body absorbs nutrients as normal and the symptoms disappear. Although the benefits of the diet can often be felt immediately, it can take many months before the bowel completely recovers.





Dermatitis herpetiformis & other linked conditions

FACT *Dermatitis herpetiformis is a skin condition linked to coeliac disease*

Dermatitis Herpetiformis (DH) is a skin condition which like coeliac disease is due to gluten sensitivity.

People with DH have a very itchy skin rash which usually occurs on the buttocks, shoulders and knees. A biopsy of their small bowel will show damage to the villi in their small intestine. It is quite a rare condition affecting around 1 in 10,000 people.


The skin rash shows direct improvement when sufferers follow a strict gluten-free diet. If you suspect you may have the symptoms of this condition please seek proper medical advice before starting a gluten-free diet.

FACT *Coeliac disease is closely associated with other medical conditions*

It is now known that coeliac disease is associated with some other medical conditions. This means that people with these conditions have a higher risk of developing coeliac disease. The medical conditions include Type 1 diabetes, Down's syndrome and a range of auto-immune disorders including Thyroid disease, Liver disease, Addison's disease and Sjörger's syndrome.

If you are concerned about any of these related conditions please seek proper medical advice.

Useful information


 Coeliac UK is the leading charity working for people with coeliac disease and dermatitis herpetiformis

The charity provides a free dietetic and food helpline and support for members via its network of local voluntary groups. For further information on the charity and its resources visit www.coeliac.org.uk or call the helpline on **0845 305 2060**

How to contact us

Juvela is the leading provider of gluten-free foods on prescription. This leaflet is one in a series produced by Juvela.

For free copies of these leaflets and information on Juvela Gluten-Free Foods and Support Services please contact us on our Advice Line open Monday to Friday from 9am to 5pm

 **UK Freephone 0800 783 1992**
ROI Freephone 1-800-40-50-90

Our Website: Visit our website for full product information and recipe ideas
www.juvela.co.uk

E mail us at: info@juvela.co.uk

Or write to us at: Juvela, 19 De-Havilland Drive, Liverpool L24 8RN

This leaflet has been compiled with the help and advice of Juvela's panel of medical advisors. Whilst every care has been taken to check that the dietary advice published represents current opinions, Juvela strongly recommends that anyone needing to follow a specialist diets seeks medical advice first.



The dietary information in this leaflet has been checked by The British Dietetic Association

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supporting the coeliac community

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