

FACTS ABOUT CELIAC DISEASE



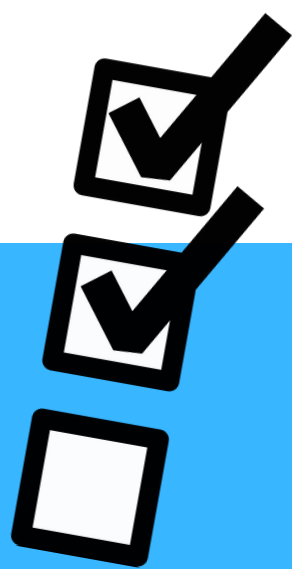
An invisible disease, with lots to expose.

Here are a few facts about Celiac Disease (CD) and getting started on your **Gluten Free Journey**.



1 AUTOIMMUNE DISEASE

CD is an autoimmune disease, with the ingestion of gluten being a trigger for attacks to the small intestine called villi. Gluten is a protein found in wheat, barley, rye and other derivatives.



2 GET DIAGNOSED FIRST

It is important to get tested before going gluten free or tests may provide a false negative. The golden standard for diagnosis is a blood test, followed by an endoscopy, with up to 6 weeks of gluten consumption in advance. Genetic tests are available, but having the genes does not confirm active CD.

3 EVERYONE IS UNIQUE

Symptoms vary from person to person. Commonly diarrhea, constipation, bloating, and discomfort are present, but not always experienced. Others may experience fatigue, brain fog, migraines, and more. The impacts of gluten can go unnoticed until gluten is removed from diet.



4 AGE ISN'T A FACTOR

CD can occur to anyone at any age. Some may test negative at one point in their life, but at a later date test positive for CD. There is no way to avoid or prevent, and something can trigger CD at any time.

5 NO CURE AVAILABLE

Presently, researchers across the globe are working to help minimize the damage from gluten exposure and potentially reverse the disease. A gluten free diet is the only way to prevent triggers and further villi damage. No pills, vaccines or enzyme supplements are available for treatment/cure.



6 UNDIAGNOSED? NOT UNCOMMON

Over 80% of the people with CD are not diagnosed. An estimated 1 in 133 people in the United States have CD. This number greatly increases globally due to lack of awareness, medical research & funding. Support your local Celiac awareness & research organizations to help!

7 GOODBYE CHEAT DAYS

Not following a gluten free diet greatly increases the risk of additional autoimmune conditions and health risks. Increased risks of cancers, MS, thyroid disorders, Type 1 Diabetes, to name a few. Follow a strict gluten free diet and these risks are equal to those without CD.

8 GO GLUTEN FREE!

Adjusting to a gluten free diet is a life change, and it will be difficult. Educate yourself, learn how to find the hidden gluten, and practice proper wellness and self care, and be on your way to enjoying a long, healthy **Gluten Free Journey**.

