

Six Month Follow up of 8 Celiac Patents with Gluten Free Diet

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Celiac disease is a chronic inflammatory disorder of the small intestine. Since, gluten consumption has been identified as a risk factor of celiac disease [1], ingestion of dietary gluten products in susceptible people, may lead to this autoimmune disorder. It is a multifactorial disease, including genetic and environmental factors. Environmental trigger is represented by gluten while the genetic predisposition has been identified in the major histocompatibility complex region. The overall prevalence of celiac disease ranges from 4.5% among high-risk subjects to 0.75% in not-at-risk subjects [2].

Recent studies indicated that relatives of patients with celiac disease are at higher risk of this genetically based disorder. Symptoms associated with celiac disease like diarrhea, abdominal pain and constipation, as like as celiac disease-associated disorders like Diabetes Mellitus type-1, Down syndrome, anemia, infertility, osteoporosis in Children or adults, make these individuals more potent to this disease [3].

Referring to my clinical practice, I followed up 8 patients with digestive symptoms during 6 months. As celiac disease is so susceptible in eastern countries, Anti Endomysial Ab and Anti-Gliadin Ab as the routine tests for diagnosing celiac disease were assessed for all patients in first visit and these tests were positive. For all individuals, checklist containing the age, obstipation, abdominal discomfort and pain after meal and diarrhea was filled by patients' self-expression which is showed in table below.

Individuals who met our definition of celiac disease were not confirmed by intestinal biopsy. Since the serologic tests are simple and operator independence, they may be more appropriate [4].

Since there is no medication for treating celiac disease, the only way to manage the symptoms of this disease is to eat a strict gluten free diet, therefore, all patients were followed about 6 months for gluten free diets. The results are summarized in tables below. As it is indicated, after six months gluten-free diet, the symptoms were improved.

Doing so in these cases leads to the following conclusion that as celiac disease is difficult to diagnose and we find many patients undiagnosed with various gastrointestinal (GI) symptoms for many years, the aim of our manuscript is to introduce celiac disease as differential diagnosis of patients with GI symptoms, specially in eastern countries, even in top of the list of diagnosis, so that, clinicians would be able to rule out celiac by requesting simple serologic tests.

We want to design some criteria for screening celiac disease among patients with signs of malabsorption in Iran and developing countries. We find so many patients with anemia, vitamin D deficiency and other malnutrition lab data. In many cases, we can describe these conditions like the man with anemia and/or a woman with history of sufficient nutrition diet without any clues of malnutrition or deficiency in diary or other protein sources intake, but with severe insufficient vitamin D level. Celiac diagnosis can solve this contradiction and clinician should mention celiac disease as diagnosis for malabsorption. In this regard, this manuscript can provide effective, helpful guide in treating missed and undiagnosed patients with celiac disease who have untreated digestive symptoms for many years with lots of problems that can easily return to their routines.

First visit			
Patient number	Diarrhea	Bloating	Abdominal pain - GI distress
1	-	+	+
2	+	+	+++
3	-	++	-
4	-	++	+
5	+	+	+
6	+	+	-
7	+	++	+
8	+	+	+

_: Without Symptom, +: Mild Symptom; ++: Moderate Symptom; +++: Severe Symptom.

After Six Months Gluten Free Diet			
Patient Number	Diarrhea	Bloating	Abdominal Pain - GI Distress
1	-	+	-
2	-	+	-
3	-	+	-
4	-	+	+
5	-	-	+
6	-	-	-
7	-	-	-
8	-	-	-

Patient Number	Sex	Age
1	F	19
2	M	20
3	F	19
4	F	22
5	F	20
6	F	25
7	M	22
8	M	27

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