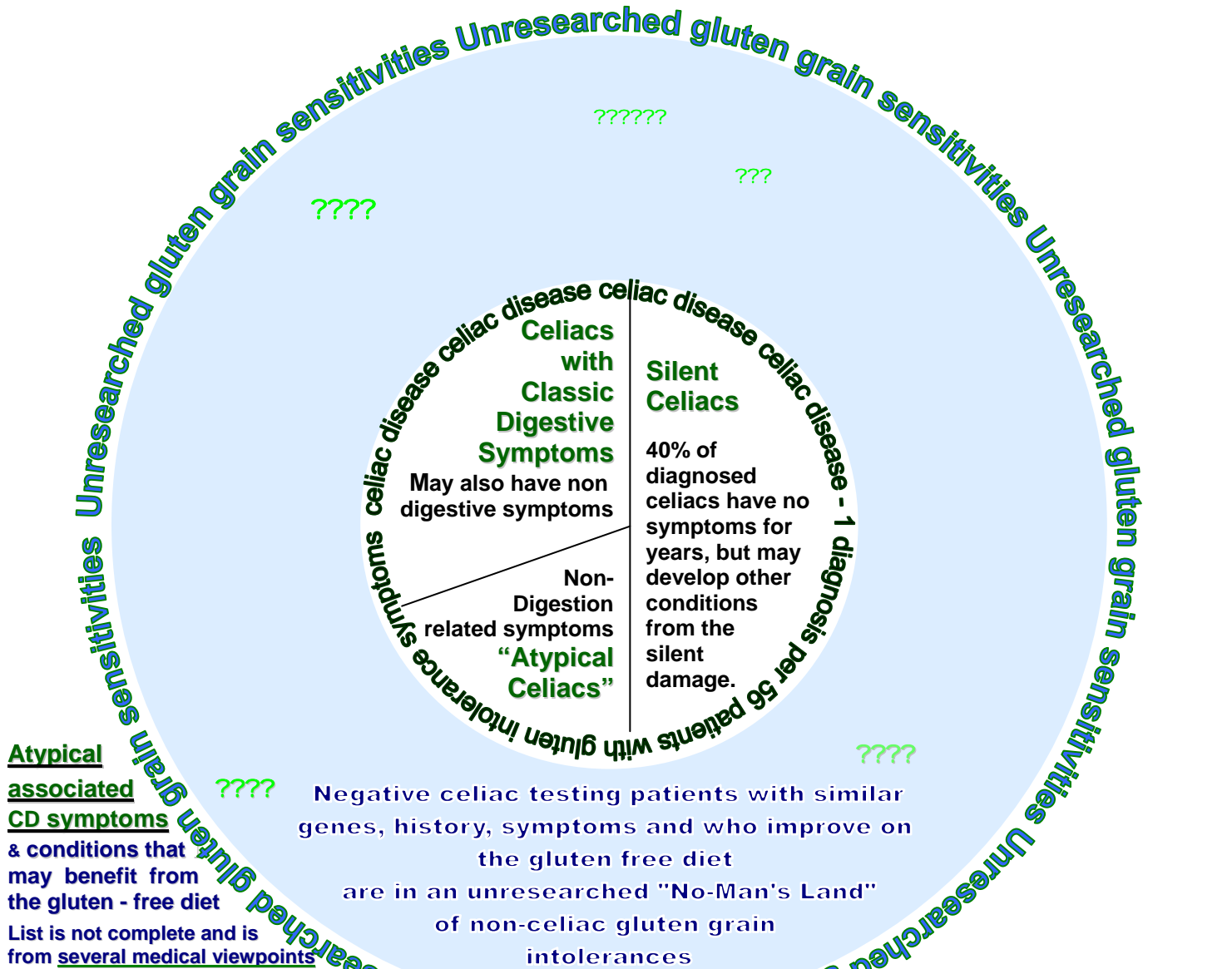


The Gluten Grain Sensitivities and Celiac Disease Circle



Atypical associated CD symptoms & conditions that may benefit from the gluten - free diet

List is not complete and is from several medical viewpoints

- | | |
|----------------------------|--------------------------|
| AD(H)D | Fibromyalgia |
| Addison's Disease | Gall bladder Disease |
| Alcoholism | Hepatitis(C), Autoimmune |
| Alopecia Areata | IGA deficiency |
| Anemia | Infertility |
| Arthritis, Rheumatoid | Irritability, anxiety |
| Asthma | Joint Pain |
| Ataxia | Kidney disease |
| Autism | Liver disease |
| Autoimmune Diseases | Lung disease |
| Behavior and learning | Migraine |
| Birth defects, | Miscarriage |
| including neural tube | Mouth Blisters |
| Blisters, mouth | M S (similar symptoms) |
| Bone disease | Nerve Disease |
| Heart,Cardiac Dysfunction | OsteoporosisOsteopenia |
| Cirrhosis, Primary Biliary | Pancreatic disease |
| Crohn's Disease | Peripheral Neuropathy |
| Cancers – lymphomas | Pregnancy, adverse |
| Small intestinal | Psoriasis |
| adenocarcinomas | Psychiatric conditions |
| NonHodgkins lymphoma | Sclerosing Cholangitis |
| Esophageal cancer | Seizures |
| Melanomas | Short Stature, sometimes |
| Squamous cell and others | Sjogren's Syndrome |
| Depression and dementia | Spleen disease |
| Dermatitis Herpetiformis | Thyroid disease |
| Diabetes, T1 | Tooth enamel defects |
| Down's syndrome | Turner Syndrome |
| Fatigue, chronic | UlcerativeColitis |
| Fetal death, late term | Vitiligo |
| Failure to thrive-children | William's Syndrome |

Negative celiac testing patients with similar genes, history, symptoms and who improve on the gluten free diet are in an unresearched "No-Man's Land" of non-celiac gluten grain intolerances

Silent Celiacs
Usually discovered after a relative is diagnosed and family screening is conducted. These people may have silent damage for years before they develop symptoms, or they may die early of a secondary disease, never knowing the underlying cause was Celiac Disease. Non CD gluten grain sensitivity risks are unknown.

Some people have no symptoms or just one or two.

Chronic Digestive symptoms

- Acid Reflux
- Bloating, belching, gas
- Candidiasis may coexist
- Chronic constipation,
- Chronic diarrhea, occasionally steatorrhea (Irritable Bowel symptoms)
- Digestive pain,
- Distended abdomen (children)
- Food intolerances, others, (milk, soy, fats, eggs)
- Gall Bladder trouble
- Stomach pain
- Underweight, overweight (or neither)

Reviewed chart compiled by a patient, 11/05
© Olive Kaiser glutenchallenge@yahoo.com

References:Prevalance statistics Archives of Internal Medicine Feb 2003, Prevalence of Celiac Disease in At –Risk and Not At-Risk Groups in the United States. Partial List of Conditions that may benefit from GFree diet or those who should be screened for gluten sensitivity is gleaned from www.csaceliacs.org, www.celiacdisease.net, www.celiaccenter.org, www.Enterolab.com, www.glutenfreedom.net. "No Man's Land" note: Many who benefit from a gluten free diet do not test for Celiac Disease. If other conditions are ruled out, and testing is believed accurate, it is suspected that negative testers with similar history,genes, symptoms, & good diet response may be missing enzymes, or react to something else in the grain, lack of fats, or to farming or grain preparation methods. This group is unresearched.

Four Key Concepts for New Inquirers regarding gluten grain intolerances, celiac disease and related conditions.

1. Several common health conditions mimic or appear similar to gluten grain intolerances and celiac disease.

Research is unclear regarding their relationships. There are other medical treatments and other related diets that may address some of these conditions. *Celiac Disease: The Great Mimic* C. Robert Dahl, MD www.csaceliacs.org Library Series)

2. Some researchers consider celiac disease an autoimmune subset of gluten sensitivity. Most patients who respond well to the gluten free diet do not test positively for celiac disease using current validated tests. (1 in 56 with celiac symptoms.)

(Gluten Sensitivity defined as a negative reaction to wheat, barley, rye and possibly oats.) See Gluten Sensitivity brochure from the Gluten Intolerance Group, www.gluten.net > Publications. Also see Gluten Grain Sensitivities Circle Diagram, and the Primer on Gluten Grain Sensitivity, at www.glutensensitivity.net .

3. There are differing viewpoints of medical awareness and understanding of gluten grain sensitivities, and celiac disease diagnosis criteria that are not obvious to the new inquirer. Learn the differences and the reasons for the differences.

Some researchers believe gluten damage may be to other structures and functions of the intestine or body, not always to the villi. See www.enterolab.com, and Patient Comparison Chart of 7 Medical Viewpoints of Understanding of Gluten Intolerance, and Celiac Disease. Available at www.glutensensitivity.net

4. For some patients, gluten challenges have not just been uncomfortable, but also had lingering unhealthy physical and psychiatric consequences, even though standard celiac blood and biopsy test results were negative.

One of these known reactions included severe "black pit" depressions and other abnormal symptoms that lasted months after the patient resumed a 99% gluten free diet. Symptoms did not resolve until even weekly communion loaf was changed to gluten free, despite negative celiac testing. In that case, the gluten challenge was undertaken after the patient had been on a *gluten-free* diet for a long(er) period of time. Most specialists are reluctant to advise gluten challenges. The above caution is a result of the personal experiences of patients. (See www.glutensensitivity.net > Personal Experiences, for more details).

This information has been compiled by a patient as a result of personal family experience and consultations with many experienced members of the gluten intolerant/celiac community.

Disclaimer --- I am a volunteer, not a medical expert, but I can share with you information that I have found helpful. Please contact a *well informed* healthcare professional for medical advice regarding your situation. Verify the gluten free status of products often for your own protection as ingredients change. Consider that research is rapidly advancing and some information contained in this material may become obsolete. Please continue to stay in touch with *well informed* healthcare professionals, stay abreast of current research and be aware of patient experiences in the gluten intolerant patient community in order to make well informed decisions regarding your health care.

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