



Short note on celiac disease

I Abidine*

Department of Pathology, La Rabta Hospital, Bab Saadoun, Tunis, Tunisia

*Corresponding author. E-mail: iabidine@gmail.com

Received: 04-Feb-2022, Manuscript No. MCSCR-22-59198; **Editor assigned:** 07-Feb-2022, Pre QC No. MCSCR-22-59198 (PQ);
Reviewed: 21-Feb-2022, QC No. MCSCR-22-59198; **Revised:** 25-Feb -2022, Manuscript No. MCSCR-22-59198 (R); **Published:**
 28-Feb-2022, DOI: 10.15651/MCSCR.22.10.036

INTRODUCTION

Celiac disease is a serious autoimmune disease found in people with a genetic predisposition, and gluten intake damages the small intestine. When a person with celiac disease eats gluten (a protein found in wheat, rye, and barley), the body begins an immune response that attacks the small intestine. These attacks damage the villi, small finger-like protrusions that line the small intestine and promote the absorption of nutrients. Damage to the villi prevents nutrients from being properly absorbed by the body. Celiac disease is hereditary and affects the family. First-degree relatives (parents, children, siblings) with celiac disease are at one-tenth the risk of developing celiac disease. Celiac disease can develop at any age after people start taking foods and medicines that contain gluten. If left untreated, celiac disease can cause other serious health problems. Celiac disease is a gastrointestinal disorder caused by an abnormal immune response to gluten. Celiac disease is also known as sprue, non-tropical sprue, and gluten-sensitive enteropathy.

Celiac Disease Vs. Non-Celiac Gluten Sensitivity

Celiac disease damages the small intestine. There are certain markers in the blood that help confirm the diagnosis. Non-celiac gluten hypersensitivity causes symptoms such as nausea, vomiting, abdominal pain, headache, diarrhea, arthralgia, malaise, and "brain fog". These can be light or heavy. However, NCGS does not hurt the intestines. There are no specific markers in the blood and diagnosis requires improvement of symptoms after a gluten-free diet.

SYMPTOMS

The symptoms are different in both adults and children

In Adults

Symptoms of celiac disease and accidental eating of gluten-containing foods such as abdominal pain, anemia, gas or bloating, bone or joint pain, constipation, diarrhoea, gas, heart burn, itching, and dermatitis herpetiformis (Doctors call this dermatitis herpetitidis), headache or fatigue, mouth ulcers, nausea, nerve system damage such as numbness or tingling in the limbs, loss of balance or consciousness, pale, especially unpleasant odour and bloating (dermatitis herpetiformis), weight loss. Celiac disease can also cause a decrease in bone density and spleen function (spleen dysfunction).

In Children

Children with celiac disease are more likely to have bowel problems such as bloating and distension, constipation, diarrhoea, paleness, foul-smelling stools, upset stomach and vomiting, and weight loss. If celiac disease keeps a child's body from absorbing the nutrients they need, they can have problems anemia, tooth enamel damage, delayed puberty, and impaired infant growth, Crankiness or mood swings, learning disabilities, etc., Neurological problems like learning disabilities and Attention Deficit Hyperactivity Disorder (ADHD), slow growth, and small size. Not all people with celiac disease have these symptoms. Some people are unaware of problems that can make diagnosis difficult.

Diagnosis

If your healthcare provider suspects that you have celiac disease, they will do thorough physical examination and discuss your medical history with you. Vendors may also do blood tests to measure antibodies to gluten. People with celiac disease have high levels of certain antibodies in their blood. Genetic testing for celiac disease in the blood may be required. Providers may perform other tests to look for undernourishment, such as blood test to detect iron levels. Celiac disease can cause low iron levels (which can cause anemia). Your doctor may do a biopsy of your small intestine to look for villus damage. During a biopsy, the doctor inserts an endoscope (a thin hollow tube) into the small intestine through the mouth and uses an instrument to take a sample of the small intestine. This is done with sedation or anaesthesia to avoid discomfort during the procedure.

Treatment

If you have celiac disease, do not eat foods that contain gluten (wheat, rye, barley, etc.). We recommend that you consult a dietician for formal dietary guidance.

Removing gluten from the diet usually improves the condition within a few days and eventually ends the symptoms of the disease. However, villi usually take months or years to heal completely. For adults, it can take 2-3 years for the intestines to heal, but for children it takes about 6 months. You need regular medical follow-up (usually 3 months, 6 months and then every year) and you need to maintain this diet for the rest of your life. Even small amounts of gluten can damage the intestines and resume the problem. A gluten-free diet means that you cannot eat many “staple foods” such as pasta, cereals, and many processed foods that contain gluten. Gluten is also found in ingredients added to foods to improve texture and flavour, as well as in some medicines. Less noticeable sources of gluten are ice cream and salad dressings. Cross-contamination is another common cause of gluten that occurs when gluten-free foods accidentally come into contact with gluten. You can have a balanced diet even with celiac disease. For example, bread and pasta made from other types of flour (potatoes, rice, corn, soya beans) are available. Grocery companies and some grocery stores also sell gluten-free bread and gluten-free products. Since it is gluten-free, you can also eat fresh, raw foods such as fruits, vegetables, meat and fish.