

Identifying Celiac Disease...



Conditions, diseases and symptoms related to Celiac Disease:

- Abdominal cramps, gas and bloating
- Anemia
- Crohn's disease
- Diarrhea
- Foul-smelling or grayish stools that may be fatty or oily
- Gastric ulcers
- General weakness
- Intermittent diarrhea
- Irritable bowel syndrome
- Osteoporosis
- Parasite infections
- Skin disorders
- Stunted growth (in children)
- Weight loss
- Lupus erythematosus
- Type 1 diabetes
- Rheumatoid arthritis
- Autoimmune thyroid disease
- Microscopic colitis

[Source: www.mayoclinic.com]

It is estimated that 2 million people in the United States have celiac disease.¹

- With so many possible symptoms—over 250—celiac disease is often misdiagnosed.
- It is believed that only 3% of cases in the US have been diagnosed, which means most Americans that have the disease don't know it!
- The exact cause of celiac disease is unknown, but it is often inherited. If someone in your immediate family has it, there is up to a 15% chance that you may as well.

What is celiac disease?

Celiac disease is a digestive condition triggered by consumption of the protein gluten, which is found in bread, pasta, cookies, pizza crust and many other foods containing wheat, barley or rye. When a person with celiac disease eats food containing gluten, an immune reaction occurs in the small intestine, resulting in damage to the surface of the small intestine and an inability to absorb certain nutrients from food.

Why should I use the Metamatrix Celiac Profile?

Components tested in the Metamatrix Celiac Profile:

- **IgA human tissue trans-glutaminase (IgA-tTG):** Occurs as an immune response to tissue trans-glutaminase and is rarely found in individuals without celiac disease.
- **IgA anti gliadin antibody (IgA-AGA):** Identifies the level of antibody response to gluten as well as adherence to a gluten free diet. Though uncommon, anti gliadin IgA can be found in patients with other inflammatory bowel conditions.

The **Metamatrix Celiac Profile** will accurately identify those who are likely to have celiac disease. When IgA-tTG and IgA-AGA are positive, there is a high degree of certainty that celiac disease is present. When IgA-tTG is positive with normal IgA-AGA, celiac disease may be present, but following a gluten free diet can help reduce IgA-AGA.

1. Westberg, D.P., et al., New Strategies for diagnosis and management of celiac disease. *J Am Osteopath Assoc*, 2006. 18 (1): p. 145-54.

PATIENT INFORMATION SHEET