

TWO STEPS TOWARD FINDING OUT

Step 1: Complete this Symptoms Checklist

While the symptoms of celiac vary, suffering from any of these symptoms—especially over time—may indicate that you should ask your doctor for a celiac blood test. Check all that apply to you, or your child.

I (OR MY CHILD) FREQUENTLY EXPERIENCE:

- BLOATING, GAS AND/OR ABDOMINAL PAIN
- HARD TO FLUSH, BULKY OR LOOSE STOOLS
- DIARRHEA OR CONSTIPATION
- FATIGUE
- ITCHY SKIN RASH
- TINGLING OR NUMBNESS IN HANDS AND FEET
- DISCOLORED TEETH OR LOSS OF ENAMEL
- CANKER SORES
- JOINT PAIN
- IRRITABILITY OR BEHAVIOR CHANGES
- SIGNIFICANT UNEXPLAINED WEIGHT LOSS
- POOR WEIGHT GAIN
- DELAYED GROWTH
- MISSED MENSTRUAL PERIODS
- FRACTURES OR THIN BONES

I (OR MY CHILD) HAVE BEEN DIAGNOSED WITH THE FOLLOWING ILLNESSES OR CONDITIONS:

- IRON DEFICIENCY/ANEMIA
- INFERTILITY
- DEPRESSION
- OSTEOPOROSIS OR OSTEOOPENIA
- TYPE 1 DIABETES
- THYROID DISEASE
- SJOGREN'S DISEASE
- JUVENILE IDIOPATHIC ARTHRITIS
- IRRITABLE BOWEL SYNDROME
- INTESTINAL CANCER
- PERIPHERAL NEUROPATHY
- DOWN SYNDROME
- TURNER SYNDROME
- WILLIAMS SYNDROME
- DERMATITIS HERPETIFORMIS
- CHECK IF YOU HAVE AN IMMEDIATE FAMILY MEMBER WHO HAS BEEN DIAGNOSED WITH AN AUTOIMMUNE CONDITION OR CELIAC.

Frequently experiencing one or more of the symptoms listed, plus being diagnosed with any one of the diseases or conditions listed, may indicate that you have celiac.

Step 2: Talk To Your Doctor

This checklist is not definitive, but it can help facilitate a discussion with your doctor and highlight the need for further diagnosis.

To support a proper diagnosis of celiac, doctors will order the following blood tests:

- Total IgA
- IgA antitissue transglutaminase (tTG)
- IgA antiendomysial antibody immunofluorescence (EMA)

If IgA is deficient, IgG tTG test should also be ordered. At the discretion of the doctor, antigliaden IgG can also be ordered.

It's important to continue eating a normal, gluten-containing diet before being tested. If the blood tests and symptoms indicate celiac, doctors may suggest a biopsy of the lining of the small intestine for a positive confirmation.

If your doctor diagnoses you with celiac, please urge your family members to complete this checklist too. Additional copies are available online at www.DoIHaveCeliac.org. And be sure to visit the web site for a wealth of celiac facts and resources.