

Understanding Coeliac Disease:

Me, My Family, My Friends

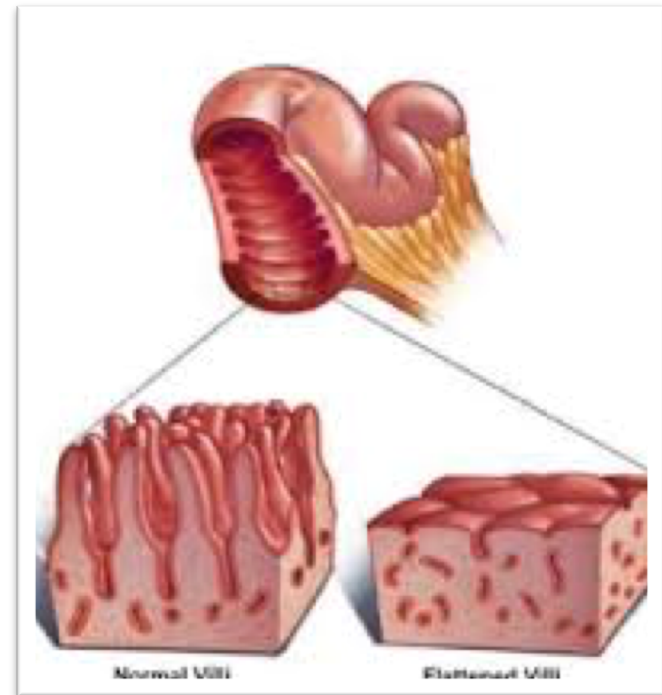
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What is Coeliac Disease?

- Abnormal reaction to gluten
- This abnormal reaction leads to damage in the gut
- This damage means nutrients are not absorbed properly



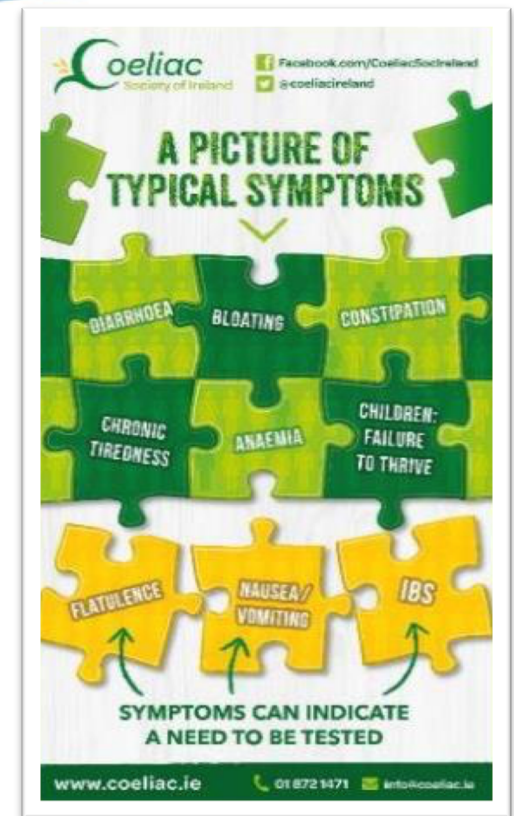
What is Gluten?

- ◆ Gluten is a natural protein
- ◆ Found in wheat, rye, barley and some other grains
- ◆ Most people have no problem with gluten and do not need to avoid it



What are the Symptoms of Coeliac Disease?

- ◆ Diarrhoea
- ◆ Bloating
- ◆ Weight loss
- ◆ Abdominal pain
- ◆ Mouth ulcers
- ◆ Indigestion
- ◆ Short Stature
- ◆ Osteoporosis
- ◆ Anaemia
- ◆ Reduced Fertility
- ◆ Migraine
- ◆ Depression



Coeliac Disease?

What Coeliac Disease is:

- 💧 An autoimmune disease
- 💧 Genetic
- 💧 Runs in families
- 💧 Lifelong
- 💧 No cure

What Coeliac Disease Is Not:

- 💧 Not a choice or a fad
- 💧 Not to be confused with the fashion for “going gluten free”
- 💧 Irritable bowel syndrome
- 💧 Anyone’s fault

Getting Diagnosed

- ◆ It can take up to 10 years for some people to be diagnosed...
- ◆ People think it might be irritable bowel syndrome, indigestion etc.
- ◆ People don't have the traditional symptoms of diarrhoea and weight loss
- ◆ They may not have been eating gluten when they were tested



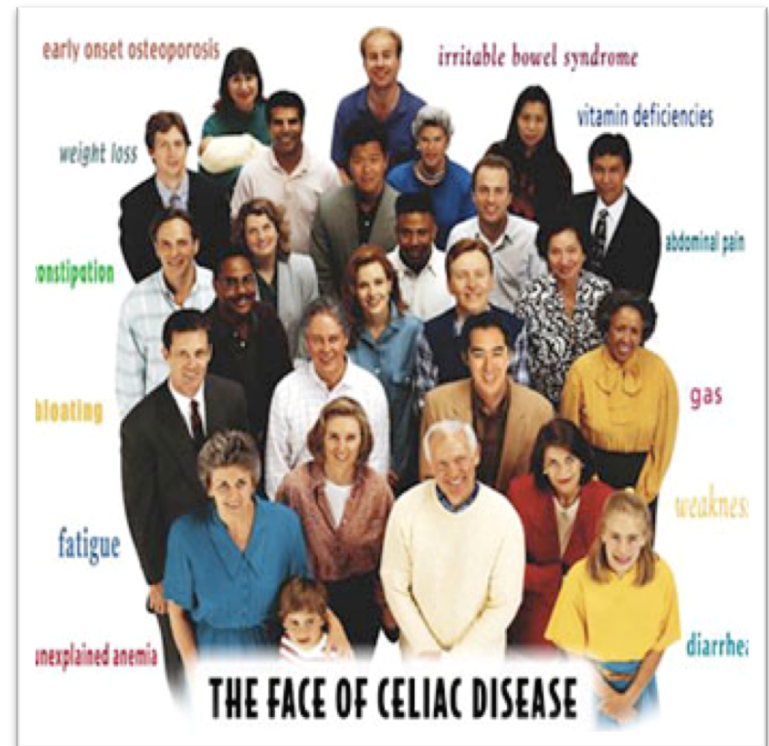
Testing for Coeliac Disease

- ◆ Blood test to check for antibodies to gluten
- ◆ If positive, then you need a biopsy with a gastroenterologist
- ◆ You need both tests to be diagnosed, the blood test alone is not enough.

- ◆ Remember: You must be eating gluten when you have your tests.
- ◆ If you are on a gluten free diet, your tests will come back negative even if you are coeliac.
- ◆ If you avoid gluten, you must eat it again for 6 weeks before your test

Who Gets Coeliac Disease?

- 1 in 100 people in Ireland probably have coeliac disease
- 1 in 10 people with a coeliac first-degree relative also have coeliac disease
- More common in people who also have
 - Underactive thyroid
 - Type 1 Diabetes
 - Turners Syndrome



Treating Coeliac Disease

- ◆ The only treatment is a strict, gluten-free diet for life
- ◆ People diagnosed with coeliac disease must see a CORU Registered Dietitian
- ◆ A strict gluten free diet is harder than most people realise



The Gluten Free Diet

- Gluten is found in:

- Wheat, Rye, Barley, Spelt, Kamut, Bulgar Wheat, Semolina, Farina

- Foods made with these ingredients include:

- Most flour, Bread, Pasta & Noodles, Biscuits, Cakes, Crackers, Breakfast cereals
- Beer
- Many packaged foods like soups & sauces



Oats on a Gluten Free Diet

- 🟢 Oats do not contain gluten BUT:
- 🟢 Most oats are contaminated with gluten
- 🟢 5% of people who are coeliac react to a protein found in oats
- 🟢 Look for certified gluten-free oats



Gluten as an ingredient

- ◆ You can find gluten in many packaged foods:
- ◆ Soups, sauces, dressings
- ◆ Snack foods like crisps & chocolate
- ◆ Processed meats – sausages, black and white pudding
- ◆ Ready Meals



Gluten Contamination

- ◆ Foods that are naturally gluten free can be contaminated with gluten during cooking or processing
- ◆ It is not enough to say “doesn’t contain gluten ingredients”
- ◆ Legally, a gluten free food has less than 20mg of gluten per kg and has to be lab tested.



Avoiding Gluten Contamination at Home

- ◆ Have your own butter/spread, jam & marmalade
- ◆ Have a separate toaster or use toaster bags
- ◆ Be careful not to mix up utensils when cooking
- ◆ Clean surfaces well before cooking
- ◆ Cover the grill pan with foil
- ◆ Get your own chopping board for bread
- ◆ Use clean oil in a deep fat fryer (or get your own one)
- ◆ Store gluten free foods in a separate press and at the top of cupboards and fridges.
- ◆ Wash any shared utensils with water and washing up liquid before using

Avoiding Gluten Contamination

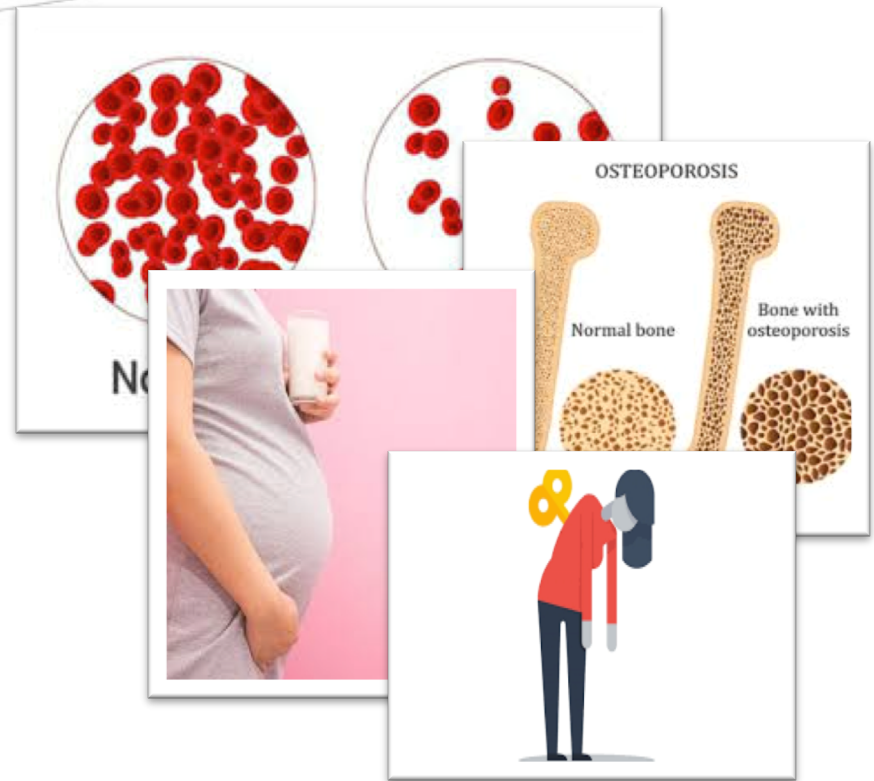
Eating Out

- ◆ Avoid Deli's where gluten containing foods are beside gluten free options (e.g. most sandwich shops)
- ◆ In restaurants, do ask if meals can be gluten free. However, check what kind of response you get before you go ahead...
- ◆ Contacting restaurants in advance can be helpful
- ◆ Chain restaurants and hotels are usually good but some small restaurants can be very dedicated – read up before you go
- ◆ Do ask for recommendations. Many coeliacs can tell you the best places to go.

Beyond Gluten: Long-term Effects

People with coeliac disease who don't follow a gluten-free diet are more likely to develop:

- Osteoporosis
- Anaemia
- Fatigue
- Problems with fertility
- Ataxia (nerve problems)
- Some forms of cancer



Common Mistakes...

- ◆ Spelt & sourdough are suitable... **(they're not)**
- ◆ A little gluten won't do any harm... **(it will)**
- ◆ I don't feel sick when I eat gluten – maybe the coeliac disease is gone? **(It hasn't)**
- ◆ Cross Contamination
- ◆ Kissing non-coeliacs...



Coeliac Society of Ireland

- ◆ We are here to support people diagnosed with coeliac disease and their families
- ◆ We provide:
 - ◆ Information on **gluten-free living**
 - ◆ Advice and **support**
 - ◆ **Helpline** for members
 - ◆ Compile the **Gluten Free Food List** every year
- ◆ A **campaigning** voice for those diagnosed as coeliac to the **government, health professionals, the food and hospitality industry** and the **general public**
 - ◆ Run support meetings and educational sessions
 - ◆ Educate doctors and other health professionals about coeliac disease

Thank You