# Celiac Disease vs. Non-Celiac Gluten Sensitivity

## Celiac Disease
- Genetic autoimmune disease where wheat triggers antibodies to attack the small intestine.
- Cause: Not fully understood. Not an autoimmune disorder or an allergy.
- Diagnosed: With a blood test or biopsy during a scope to detect antibodies produced in autoimmune response.
- Prevalence: 1% of the U.S. population.

## Non-Celiac Gluten Sensitivity
- Cause: Not fully understood. Not an autoimmune disorder or an allergy.
- Diagnosed: By ruling out celiac disease and wheat allergies with a blood test.
- Prevalence: 6% of the U.S. population.

## Prevalence of Both Is Increasing, Partially Because Screening Frequency Is Increasing.

<table>
<thead>
<tr>
<th>Condition</th>
<th>Prevalence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Celiac Disease</td>
<td>1% of the U.S. population.</td>
</tr>
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</table>

## GI Symptoms Include Bloating, Difficulty with Bowel Movements, Diarrhea and Abdominal Pain.
- Can also come with many symptoms outside of the GI tract, including:
  - Anemia
  - Fatigue
  - Headaches
  - Cavities
  - Joint pain
  - Low vitamin D and vitamin B12
  - Psychiatric disorders

## One Crumb of Gluten (20 parts gluten per million) will produce symptoms.
- Symptoms can last hours or days.
- Autoimmune markers will remain elevated in blood for weeks.

## Treatment: Complete and lifelong avoidance of gluten.

## Sources:
- aaaai.org/conditions-and-treatments/library/allergy-library/celiac-disease
- gluten.org/resources/getting-started/celiac-disease-non-celiac-sensitivity-or-wheat-allergy-what-is-the-difference/
- ncbi.nlm.nih.gov/pmc/articles/PMC5677194/
- ncbi.nlm.nih.gov/pubmed/28644353