

Talking With Your Doctor About Getting Tested for Celiac Disease

Your primary care physician is your partner in health. You both need to be able to communicate openly and honestly. Let your doctor know that you want to get tested for celiac disease. Explain the reasons why getting tested is important to you.

Family Link

You have a family member with celiac disease, which puts you at a risk that is 5 to 10 times higher than the general population.

Symptoms

Discuss with your primary care provider any concerning symptoms that you have been experiencing. Remember, celiac disease can present in many ways and modern testing is quite accurate.

Fears and Concerns

Talk about any fears or concerns you have about getting a positive test result. Your primary care provider can help you prepare for any next steps.

Visit DolHaveCeliac.org for a Celiac Disease Symptoms Checklist.

Help educate your primary care provider by sharing the following celiac disease facts.

Celiac Disease Facts

Celiac disease is common. **One out of every 141** Americans has celiac disease, affecting a total of 3 million Americans. Unfortunately, **83% of people with celiac disease remain undiagnosed or misdiagnosed**. In addition, at least 38% of those diagnosed have symptoms below the clinical threshold.

My family history indicates that I have an increased risk of celiac disease.

Testing for celiac disease should be considered in patients with any of the following conditions:

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|---|--|
| <input checked="" type="checkbox"/> 1st or 2nd degree relative with celiac disease | <input type="checkbox"/> Unexplained liver test abnormalities |
| <input type="checkbox"/> Irritable bowel syndrome | <input type="checkbox"/> Unexplained iron deficiency anemia, especially if not controlled with oral iron supplements |
| <input type="checkbox"/> Chronic diarrhea | <input type="checkbox"/> Nutritional deficiencies |
| <input type="checkbox"/> Other chronic unexplained gastrointestinal symptoms | <input type="checkbox"/> Unexplained neurological disorders including ataxia, peripheral neuropathy and severe headaches |
| <input type="checkbox"/> Autoimmune thyroid disease with other features concerning for celiac disease | <input type="checkbox"/> Short stature/failure to thrive in children |
| <input type="checkbox"/> Type 1 diabetes | <input type="checkbox"/> Unexplained delayed puberty |
| <input type="checkbox"/> Severe fatigue | <input type="checkbox"/> Unexplained fertility issues |
| <input type="checkbox"/> Early onset or unusually severe osteoporosis | <input type="checkbox"/> Dermatitis Herpetiformis |
| <input type="checkbox"/> Down syndrome or other trisomies | |

Most experts agree that the IgA-tissue transglutaminase (tTG) test is the best single test for celiac disease.

www.BIDMC.org/CeliacCenter | www.CeliacCentral.org | www.CeliacNow.org