

What is *your* Celiac Score?

Health Questionnaire

SECTION I: SYMPTOMS

- | | |
|--|---|
| <input type="checkbox"/> Bloating | <input type="checkbox"/> Joint pain |
| <input type="checkbox"/> Gas and/or stomach cramping | <input type="checkbox"/> Numbness or tingling in your extremities |
| <input type="checkbox"/> Diarrhea or runny stools | <input type="checkbox"/> Itchy skin lesions |
| <input type="checkbox"/> Constipation | <input type="checkbox"/> Constant unexplained fatigue |
| | <input type="checkbox"/> Frequent headaches or migraines |

Check each of the symptoms that you have experienced at **least once a week** during the past three months:

MY SYMPTOM
SCORE

SECTION II: DIAGNOSES

- | | |
|---|--|
| <input type="checkbox"/> Irritable bowel syndrome | <input type="checkbox"/> Fibromyalgia |
| <input type="checkbox"/> Eczema or unexplained contact dermatitis | <input type="checkbox"/> Chronic fatigue syndrome |
| | <input type="checkbox"/> Nervous stomach (non-ulcer dyspepsia) |

Check if you **have had or been diagnosed** with any of the above:

MY DIAGNOSES
SCORE

SECTION III: ASSOCIATED ILLNESSES

- | | |
|--|---|
| <input type="checkbox"/> Anemia | <input type="checkbox"/> Peripheral neuropathy |
| <input type="checkbox"/> Infertility/multiple miscarriage | <input type="checkbox"/> Autoimmune disorders |
| <input type="checkbox"/> Lactose intolerance | <input type="checkbox"/> Thyroid disease (hyper/hypo) |
| <input type="checkbox"/> Psychiatric disorders or depression | <input type="checkbox"/> Diabetes mellitus (Type 1) |
| <input type="checkbox"/> Osteopenia and/or osteoporosis | <input type="checkbox"/> Sjögren's syndrome |
| <input type="checkbox"/> An immediate family member with an autoimmune condition or celiac disease | <input type="checkbox"/> Chronic liver disease |
| | <input type="checkbox"/> Non-Hodgkin's lymphoma |
| | <input type="checkbox"/> Small intestinal cancer |

Check if you have **any** of the above:

MY RELATED
ILLNESS SCORE

SCORING

If you have checked one or more lines in **either Section I or II** and have **any** of the illnesses in **Section III** (especially males or women under age 45 with osteopenia and/or osteoporosis) you should consider testing for celiac disease. If you have checks in all three sections, you and your doctor(s) should definitely explore a diagnosis of

celiac disease.

All of the symptoms in Section I all of the diagnoses in Section II and all of the associated illnesses in Section III are intimately related to celiac disease. One in every 100 people in the United States is affected by celiac disease – **and 97% of them are undiagnosed!**



Adapted by permission from *Celiac Disease—A Hidden Epidemic* by Peter H.R. Green, M.D., Director of the Celiac Disease Center at Columbia University. Get more information about celiac disease from our website at: www.SouthernArizonaCeliacSupport.org and download printable copies of this questionnaire. Printed by: **Southern AZ Celiac Support Group, CSA Chapter 15**

Pursuing a Diagnosis of Celiac Disease

Blood Test The doctor orders a special blood test called the 'Celiac Panel' which looks for signs that your body is reacting to gluten that has slipped into the bloodstream. The blood test looks for IgA, IGg and tTg antigens (markers in the blood), which ***most but not all*** untreated celiacs have.

Positive Blood test and no more symptoms after being on the gluten free diet means a ***diagnosis of celiac disease***.

MED LAB



Negative Blood test?

Endoscopy with small bowel biopsy is the next step if the blood test is negative. Many doctors like to do this step even ***if*** the blood test is positive. The gastroenterologist will put a small, lighted tube through the mouth to snip bits of the lining from the first part of the small intestine. He or she will also take photos of the linings. The bits of tissue are examined under a microscope to see if the villi are damaged.



Biopsy is positive and shows damage to the villi characteristic of cd which means a ***diagnosis of celiac disease*** even though the blood test was negative.



Your doctor may want to order a special **DNA** test to tell him/her if you are genetically predisposed to developing celiac disease.

Negative Biopsy?

PILLCAM® or 'Capsule Endoscopy' is the final step if both the blood test and biopsy are negative. This is very important to rule out possible other causes of your symptoms. Since a negative biopsy might be due to an error in reading the tissue samples or just mean the samples were taken from undamaged parts of your intestine, it is important to scan the ***entire*** length of the small intestine (about 18—24 feet) to see if celiac damage might be anywhere along that segment or if some other potentially serious condition is present. The PillCam® requires no sedation, no bowel preparation and no hospital visit. A tiny, disposable camera is swallowed which takes and transmits pictures of your complete small intestine.

The PillCam® shows damage consistent with cd which means a ***diagnosis of celiac disease*** even though the blood test and biopsy were negative. This procedure can also diagnose many other gastrointestinal diseases.



*Remember: Every celiac will have a different set of symptoms from every other celiac and his or her body will show a different pattern of damage. Every celiac is unique. Some have Dermatitis Herpetiformis, a skin rash, as the only symptom. Celiac disease can then be diagnosed by a simple skin biopsy. Celiac disease is ***not*** easy to diagnose.*

Be persistent; it's your health and it's your life at stake.