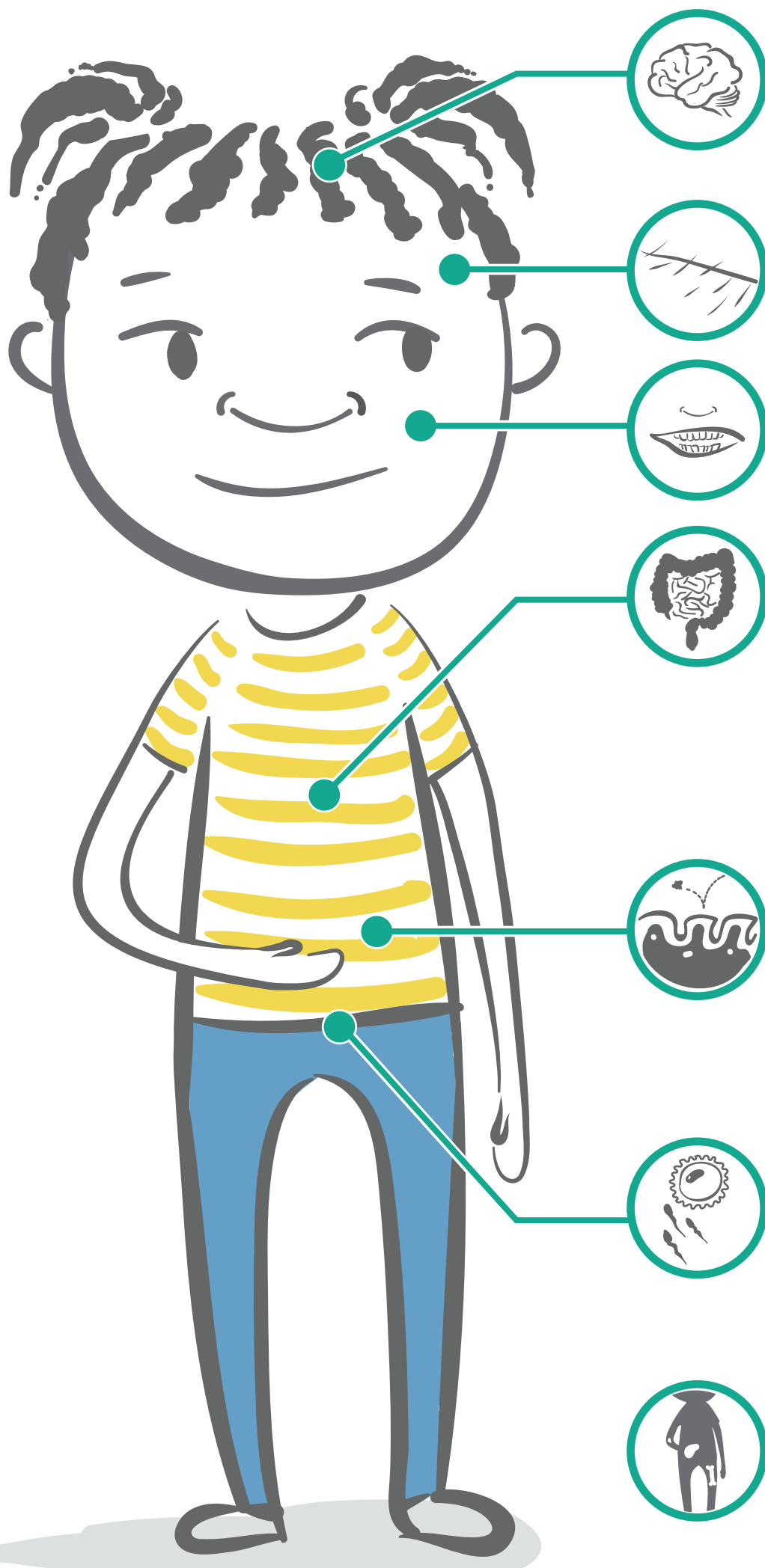


Symptoms of celiac disease

When a person with celiac disease is exposed to gluten, they may have trouble with their gastrointestinal system, malabsorption-related issues and other symptoms. The symptoms of celiac vary and some people with celiac disease may have no symptoms at all.



Brain

- headaches or migraines
- difficulty concentrating
- depression
- anxiety
- mood swings and irritability

Skin

- skin rash (dermatitis herpetiformis)
- brittle nails

Mouth

- mouth sores
- tooth enamel defects

Gastrointestinal symptoms

- tummy pain and/or cramps
- diarrhea
- constipation
- excessive gas
- nausea
- vomiting
- bloating of the abdomen (tummy)
- abdominal distension (expansion)
- decrease in appetite

Malabsorption-related symptoms

- tiredness (fatigue)
- anemia (low blood haemoglobin from iron malabsorption)
- vitamin or mineral deficiencies (e.g. iron, vitamin D and B12)
- poor growth (not as tall as expected)
- weight loss or poor weight gain
- delayed puberty

Reproductive

- infertility (difficulty conceiving children, in both men and women)
- miscarriage
- menstrual irregularities

Body

- low bone density, including osteopenia (mild) or osteoporosis (more serious bone density problem)
- joint pain
- tiredness (fatigue)
- liver and biliary tract disorders

Talk to your child's doctor if you are concerned they may have celiac disease.
For more information visit www.aboutkidshealth.ca/GI.