

Coeliac Disease

Gluten Sensitivity



How does it work?

Biocard™ Celiac Test is an accurate finger tip blood test. It detects Coeliac Disease associated IgA auto-antibodies against Transglutaminase Enzymes, that completely and exactly correlate with the disease¹.

The test procedure only takes between 5 and 10 minutes.

The test performance has been studied at the University of Tampere, Finland, by comparing the results to biopsy proven clinical diagnosis.

Biocard™ Celiac Test can be used to easily monitor the effectiveness of a gluten free diet by retesting after 3 months.

Content adapted from "Coeliac Disease: Sometimes Silent, Often Misleading, ALWAYS SERIOUS" by Jo Cavallo in JDRF (Juvenile Diabetes Research Foundation) Countdown, Summer 2004

References: 1. Korponay-Szabo et al.: J Pediatr. Gastroenterol Nutr., 2001, vol.32,(3), 361, column 66.



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Biocard™ Celiac Test

is available from:



Common
Sometimes Silent
Often Misleading
Always Serious

An estimated 1 to 2 in 100 individuals have Coeliac Disease, a gluten-sensitive disorder.

Early detection can prevent serious health consequences.



Biocard™ Celiac Test
Available Here



Coeliac Disease

Gluten-sensitive enteropathy, commonly called **coeliac disease**, is a chronic intestinal disorder caused by a hypersensitivity to gluten proteins found in wheat, rye, barley and possibly oat products.

Normally, ingesting such proteins does not cause an immune response, but in people with coeliac disease the immune system is abnormally activated by gluten, triggering an inflammatory response in the small intestine. Eventually this autoimmune response results in partial or complete flattening of the intestinal villi, the tiny hair-like projections that absorb nutrients from foods. Left untreated, the malabsorption of nutrients sets off a cascade of maladies such as:

- chronic fatigue
- bone loss (osteoporosis)
- immune weakness
- dental enamel defects
- stunted growth
- reproductive disorders
- lymphoma

Coeliac Symptoms

What to look for

Classic symptoms of coeliac disease include chronic diarrhoea or constipation, abdominal pain, gas and bloating. But other symptoms may occur in places other than the digestive tract and may initially not be associated with coeliac disease. Here are some additional signs to look for:

- loss of appetite
- delayed growth
- fatigue
- anaemia
- bone and joint pain
- weight loss
- irritability
- depression
- dermatitis herpetiformis (skin rash)
- discoloured tooth enamel

Individuals with type 1 diabetes may also experience unexplained low blood glucose (hypoglycaemia) or high blood glucose (hyperglycaemia) levels.

When Coeliac Symptoms are Silent

Despite the high incidence of coeliac disease, the disease often goes undiagnosed and, consequently, untreated. Experts say that it's easy for parents and even physicians to blame the gastrointestinal problems associated with coeliac disease (ie. stomach aches and diarrhoea) on other common childhood ailments such as allergic reactions to food. In children with type 1 diabetes, some of the disease hallmarks, such as weight loss and stunted growth, are attributed to poor glycaemic control by parents and physicians.

Many individuals have 'silent coeliac disease' and are not being diagnosed. The reason that they have silent coeliac disease is that the disease is probably milder. To have diarrhoea a large part of the small intestines have to be involved. People with silent coeliac disease might develop anaemia

or osteoporosis because of the malabsorption of single nutrients, but they won't have diarrhoea because sugars and fats can still get absorbed further down the intestine.

Routine Screening

The best "Next Step"

Some of the long-term consequences of untreated coeliac disease involve a litany of serious ailments, including osteoporosis, infertility as well as an increase in potentially life-threatening diseases like small bowel non-Hodgkin's lymphoma and cancers of the mouth, pharynx and oesophagus.

The long term consequences of asymptomatic, or silent, coeliac disease remain unclear. Most experts agree that screening, diagnosing and treating coeliac disease – regardless of symptoms – will help prevent serious health complications.

Living Gluten Free

The only available treatment for coeliac disease is the complete elimination of wheat, rye, barley and oats from one's diet. But the same general rules for maintaining a healthy diet still apply: Eat a variety of foods, including ones rich in fibre such as fresh vegetables and fruit, count carbohydrates, limit your intake of fats and sweets and eat several small meals a day.

One of the pitfalls is that a lot of the gluten-free products tend to have lower complex carbohydrates, so they have a higher glycaemic index as well as a higher fat content. People are encouraged not to eat traditional gluten-free foods, but to go back to good basic whole foods that use some of the other grains like buckwheat and millet, because they're a better fit.

A registered dietician or nutritionist can help patients sort through the food maze as well as help to determine fat, carbohydrate and other nutritional needs.