

Celiac Symptoms - a comprehensive list

Nutrition is your number one defense against all disease. If you or someone you know has one or more of these symptoms or diagnoses, take action. Request a gluten-intolerance test and celiac disease test. Many people have symptoms they have "lived with" for many years. Today you could make a positive change and become the healthy person you are supposed to be.

BLOOD SYSTEM SYMPTOMS IN CELIAC DISEASE

Abnormal levels of blood components and quality of blood cells and plasma, detected by blood studies ordered by a doctor.

- Anemia, Folic acid
- Anemia, Iron
- Anemia, Vitamin B12
- Anti-Endomysium Antibodies (EMA)
- Anti-Gliadin Antibodies (AGA)
- Anti-Tissue Transglutaminase Antibodies (tTG)
- Associated Autoimmune Antibodies
- Bone Alkaline Phosphatase Enzyme, Elevated
- Calcium, Low
- Cholesterol, Low (below 156)
- Coagulation Factors, Low
- Copper, Low
- Hemochromatosis
- Glucose, Low or elevated
- Homocysteine, Elevated
- Hyperprolactinemia (elevated prolactin hormone)
- Hypoprothrombinemia
- Idiopathic Thrombocytopenic Purpura
- Liver Enzymes, Elevated
- Macroamylasemia
- Macrocytosis
- Macrolipasemia
- Magnesium, Low
- Neutropenia
- Phosphorus, Low
- Plasma Proteins, Low
- Potassium, Low
- Prolonged Prothrombin Time
- Transient Erythroblastopenia
- Zinc, Low

BODY COMPOSITION SYMPTOMS IN CELIAC DISEASE

Disorders of the body as a whole.

- Anorexia (Poor appetite)
- Appetite, Increased
- Cachexia (Wasting of the body)
- Loss of Vitality
- Obesity
- Weight Gain, Unexplained
- Weight Loss, Unexplained

CARDIOVASCULAR SYSTEM SYMPTOMS IN CELIAC DISEASE

Disorders of the heart and blood vessels.

- Angina Pectoris
- Aortic Vasculitis
- Atherosclerosis
- Cardiomegaly
- Coronary Artery Disease
- Easy Bruising (Ecchymosis)
- Hypertension
- Idiopathic Dilated Cardiomyopathy
- Nosebleeds, Unexplained

DIGESTIVE SYSTEM SYMPTOMS IN CELIAC DISEASE

The following symptoms in this section may be present alone or in any combination in celiac disease. They result from inflammation, damage, and interference with normal function caused by gluten exposure in the digestive tract itself and/or nutritional deficiencies. As you see, problems can develop not only in the small intestine where inflammation can be intense, but also in other areas such as mucosal tissues of the mouth, esophagus, stomach and colon.

- Abdominal Distention (Bloating)
- Abdominal Pain
- Adenocarcinoma of the Small Intestine
- Aphthous Ulcers (Canker sores in mouth)
- Autoimmune Cholangitis
- Beta Casein Enteropathy (Cow's dairy intolerance similar to celiac disease)
- Bleeding, Unexplained
- Cancer of the Esophagus
- Cancer of the Pharynx
- Candida Infections
- Carbohydrate Malabsorption
- Cheilosis (Red lips, cracking/ oozing at corners of mouth)
- Colitis, Collagenous
- Colitis, Lymphocytic
- Colitis, Ulcerative
- Colonic Volvulus (Loop of intestine twists causing strangulation of intestine)
- Constipation
- Constipation Alternating with Diarrhea
- Crohn's Disease
- Defective Tooth Enamel (Yellow, white spots, missing enamel)
- Delayed Gastric Emptying (Early fullness after eating)
- Diarrhea, acute (Also called celiac crisis)
- Diarrhea, chronic
- Duodenal Erosions in the Second Part of Duodenum (Small ulcers)
- Dysphagia (Difficulty swallowing)
- Edema of Small Intestinal Lining
- Esophageal Small Cell Cancer
- Esophageal Motor Abnormalities (Poor muscle activity/coordination)
- Gas
- Gastric Ulcer (Stomach ulcers)
- Gastric Ulcerations

- Gastritis, Collagenous
- Gastritis, Lymphocytic
- Gastro-Esophageal Reflux Disease (GERD)
- Gastro-Intestinal Occult Bleeding (Blood in stool that is not visible to naked eye)
- Gluten Sensitive Enteritis
- Gums bleeding/ swollen (Purplish in adults/ red in children)
- Heartburn
- H. Pylori Bacter (Infection of the stomach)
- Impaired Gall Bladder Motility
- Irritable Bowel Syndrome
- Jejunitis, chronic
- Lactose Intolerance (Gas, bloating, loose stools from milk)
- Laryngospasm
- Leaky Gut Syndrome
- Lymphoma
- Malabsorption of Nutrients
- Maltose Intolerance (Gas, bloating, loose stools from maltose, a simple carbohydrate)
- Nausea
- Oral Mucosal Lesions (Mouth lesions)
- Plummer-Vinson Syndrome
- Post-cricoid Cancer
- Primary Biliary Cirrhosis (Bile backs up in liver)
- Primary Sclerosing Cholangitis (Scarring of bile ducts in liver)
- Small Bowel Intussusception (One loop of intestine slips into another)
- Small Intestinal Bacterial Overgrowth
- Steatorrhea (Pale, smelly, floating stool hard to flush or sticks to toilet)
- Sucrose Intolerance (Gas, bloating, mucous in stool from sugar)
- Tongue (Beefy, red, smooth, burning)
- Tongue (Fiery red, smooth, swollen, sore)
- Tongue (Magenta, swollen)
- Tongue (Pale, smooth, burning)
- Vomiting

GLANDULAR SYSTEM SYMPTOMS IN CELIAC DISEASE

Disorders of the glands.

- Addison's Disease (Adrenal gland failure)
- Autoimmune Hepatitis
- Autoimmune Thyroiditis (Hypothyroidism)
- Diabetes Mellitus Type I
- Diabetic Instability
- Gastro-Intestinal Complications of Type 1 Diabetes
- Grave's Disease (Hyperthyroidism)
- Hepatic Granulomatous Disease
- Idiopathic Hypoparathyroidism
- Non-Alcoholic Fatty Liver Disease
- Pancreatic Insufficiency
- Parathyroid Carcinoma
- Primary Hyperparathyroidism
- Secondary Hypoparathyroidism

IMMUNE SYSTEM SYMPTOMS IN CELIAC DISEASE

Disorders of antibody production.

- Allergic Rhinitis
- Antiphospholipid Syndrome
- Asthma
- Autoimmune Disorders in Celiac Disease

- Autoimmune Disorders in Dermatitis Herpetiformis
- Autoimmune Polyglandular Syndromes
- Common Variable Immunodeficiency
- Food Allergies, IgE and non-IgE Immune Responses
- IgA Deficiency
- Sarcoidosis
- Sjögrens Syndrome
- Systemic Lupus Erythematosus
- Urticaria, chronic (Hives)

INTEGUMENTARY SYSTEM SYMPTOMS IN CELIAC DISEASE

Disorders of skin, hair, and nails.

- Alopecia Areata (Patches of hair loss)
- Alopecia, Diffuse (Balding)
- Cutaneous Vasculitis
- Cutis Laxa
- Dermatitis Herpetiformis
- Dermatomyositis
- Eczema
- Edema (Swelling)
- Erythema Elevatum Diutinum
- Erythema Nodosum
- Follicular Hyperkeratosis (Dry rough skin/ plugged hair follicles on body)
- Ichthyosis, Acquired
- Itchy Skin Rash
- Hangnail
- Koilonychia (Thin nails that flatten, ends progressively turning up instead of down)
- Melanoma
- Nails, Dry and brittle that chip, peel, crack or break easily
- Nails with Horizontal and Vertical Ridges/Fragile
- Nail with Rounded and Curved Down Ends, Dark, Dry
- Nails with White Spots
- Nails with Splinter Hemorrhages
- Pityriasis Rubra Pilaris
- Prurigo Nodularis (Hyde's Prurigo)
- Psoriasis
- Scleroderma
- Seborrhea
- Thin hair
- Vitiligo

LYMPHATIC SYSTEM SYMPTOMS IN CELIAC DISEASE

Disorders of the lymphocytes (white blood cells), lymph nodes and spleen.

- B-cell non-Hodgkin's Lymphoma
- Cryptic Intestinal T-cell Lymphoma (Refractory Sprue)
- Enteropathy Associated T-cell Lymphoma (EATL)
- Extraintestinal Lymphomas
- Intraepithelial Lymphocytosis in Small Bowel Samples
- Lymphadenopathy
- Mesenteric Lymph Node Cavitation
- Hyposplenism (Atrophy of spleen)

MUSCULAR SYSTEM SYMPTOMS IN CELIAC DISEASE

Disorders of muscle structure and function.

- Hypokalemic Rhabdomyolysis (Acute, severe potassium deficiency)
- Muscle Pain and Tenderness
- Muscle Spasm and Cramps
- Muscle Wasting
- Muscle Weakness
- Osteomalacic Myopathy
- Polymyositis
- Tetany

NERVOUS SYSTEM SYMPTOMS IN CELIAC DISEASE

Disorders of nerves, brain and spinal cord structure and function.

- Anxiety
- Apathy
- Ataxia, Gait Disturbance
- Ataxia, Gluten
- Ataxia, Progressive Myoclonic
- Brain Atrophy
- Cerebral Perfusion Abnormalities (Poor blood flow)
- Chronic Fatigue Syndrome
- Chorea
- Cortical Calcifying Angiomas
- Dementia
- Depression
- Epilepsy
- Fatigue/ Lassitude
- Headache
- Inability to Concentrate
- Insomnia
- Irritability
- Migraine
- Multiple Sclerosis
- Nervous System Disorders
- Peripheral Neuropathy
- Progressive Multifocal Leukoencephalopathy
- Schizophrenic Spectrum Disorders
- Tremors
- Vasculitis of the Central Nervous System

PULMONARY SYSTEM SYMPTOMS IN CELIAC DISEASE

Disorders of lung tissue and broncheal tree structure and function.

- Bronchiectasis
- Bronchial Pneumonia
- Idiopathic Pulmonary Hemosiderosis
- Increased Pulmonary Permeability
- Increased Susceptibility to Tuberculosis
- Lung Cavities or Abscess
- Non-Response to Tuberculosis Treatment
- Pneumococcal Septicemia

SENSORY SYSTEM SYMPTOMS IN CELIAC DISEASE

Disorders of sense organ structure and function.

- Bitot's Spots (Foamy patches on whites of eye)
- Blepharitis
- Bloodshot Eyes

- Blurred Vision
- Cataracts
- Keratoconjunctivitis Sicca
- Keratomalacia
- Nightblindness
- Ocular Myopathy
- Smell, Loss of
- Taste, Loss of
- Uveitis, Bilateral
- Xerophthalmia

SKELETAL SYSTEM SYMPTOMS IN CELIAC DISEASE

Disorders of bone, joints and teeth.

- Bone Fracture
- Bone Pain
- Enteropathic Arthritis
- Osteitis Fibrosa
- Osteomalacia
- Osteonecrosis
- Osteoporosis
- Psoriatic Arthritis
- Recurrent Monoarthritis

URINARY SYSTEM SYMPTOMS IN CELIAC DISEASE

Disorders of kidneys and urinary tract structure and function.

- Hypocalciuria
- IgA Nephropathy
- Kidney Stones
- Urinary Tract Infection

REPRODUCTIVE SYSTEM SYMPTOMS IN FEMALES IN CELIAC DISEASE

Disorders of organ structure and function.

- Amenorrhea (Absence of menstrual period)
- Early Menopause
- Infertility
- Late Menarche (Late start of menstrual periods)
- Premenstrual Syndrome
- Dysmenorrhea (Painful menstrual periods)
- Dyspareunia (Painful intercourse)
- Vaginitis

REPRODUCTIVE SYSTEM SYMPTOMS IN MALES IN CELIAC DISEASE

Disorders of organ structure and function.

- Hypogonadism
- Impotence
- Infertility
- Sperm Abnormalities

REPRODUCTION: PREGNANCY, LABOR & DELIVERY AND PUERPERIUM SYMPTOMS IN CELIAC DISEASE

Disorders of childbearing.

- Severe Iron Deficiency Anemia in Pregnancy
- Short Duration of Breast Feeding

- Miscarriage
- Complications During Pregnancy, Labor and Delivery
- Complications After Childbirth

ZYGOTE DEVELOPMENT SYMPTOMS IN CELIAC DISEASE

Disorders of chromosomes.

- Down Syndrome
- Turner's Syndrome

FETUS DEVELOPMENT SYMPTOMS IN CELIAC DISEASE

Disorders of that occur before birth of the child.

- Congenital Anomalies
- Intrauterine Growth Retardation
- Cystic Fibrosis
- Spina Bifida

CHILD DEVELOPMENT SYMPTOMS IN CELIAC DISEASE

Disorders of children that occur after birth.

- Autism and Learning Disorders
- Attention Deficit Hyperactive Disorder (ADHD)
- Cancer Predisposition in Children
- Chronic Bullous Dermatosi
- Delayed Puberty in Boys
- Delayed Puberty in Girls
- Dermatitis Herpetiformis
- Developmental Delay
- Failure to Thrive and Growth Retardation
- Fecal Occult Blood (Blood found in stool that is not visible to the naked eye)
- Glycogenic Acanthosis
- Hypotonia
- Juvenile Autoimmune Thyroid Disease
- Juvenile Diabetes Type 1
- Juvenile Idiopathic Arthritis
- Abnormal Blood Studies
- Latent Anemia in Enzymopathies of Small Intestine (Lack of enzymes produced by villi)
- Penicillin V Impaired Absorption
- Refractory Anemia (Unresponsive to iron therapy)
- Osteopenia
- Rickets
- Short Stature
- Stroke in Childhood

BEHAVIOR SYMPTOMS IN CELIAC DISEASE

- Aloofness
- Hyperactivity
- Irritability (Common in children with celiac disease)
- Impatience
- Lack of Desire to Get Things Done
- Lack of Feeling
- Restlessness
- Timid Behavior
- Violent Behavior

NEUROLOGICAL ISSUES IN CELIAC DISEASE

- Anxiety
- Apathy
- Bipolar disorder
- Depression
- Difficulty Making Friendships
- Easy Frustration and Anger
- Nervousness
- Panic Attacks
- Sense of Worthlessness
- Overly Self-critical
- Hysteria
- Hypochondria

THINKING SYMPTOMS IN CELIAC DISEASE

- Confused/ Faulty Thinking
- Confabulation
- Delusions
- Dementia
- Disorientation
- Faulty Learning
- Hallucination
- Inattentiveness
- Loss of Memory
- Loss of Immediate Memory
- Poor Memory
- Reduced Learning
- Slow Thinking
- Scattered Thinking