

Celiac Disease (Sprue)

What Is It?



- **Interior Surface of the Small Intestine**- shortens and collapse and can't absorb, can eat correctly and be starving to death, an allergic reaction to gluten
 - **Gluten**- a protein, cause malabsorption in the intestines

What Are The Symptoms?

- **First Stage**- mild upset stomach
- **Later Stage**- Muscular weakness, excessive gas, chronic diarrhea, stomach cramps, abdominal bloating, uncontrollable weight loss, achy bones, headaches, ringing in the ears, mental confusion, stop normal growth, dermatitis (itching and blotchy skin), bulky stools with a bad smell
- **Left Untreated**- can lead to anemia, diabetes, brittle bones, cirrhosis of the liver, and increased risk for intestinal cancer

Information:

- **Affects**- 1 in 5,000 Americans
- **Northern Europe**- 1 in 113 people
- **Rare or Nonexistence**- Jews, Blacks, Asians, Mediterranean
- **Same Family**- 1 in 10
- **Normal Occurrence**- infancy and middle age
- **Women**- 2 times as frequent as men
- **Good Foods**- Fruits, vegetables, rice, potatoes, fish, lean meats



What Can I Do?

- **See your Health Care Provider**- Multivitamin, **STOP SMOKING**
- **See a Registered Dietitian**- **Avoid**- gluten, wheat, rye, barley, oats
 - **Often Patient**- cannot tolerate food and has to be on TPN (total parental nutrition) for nutrition
- **See Gluten Free/Celiac Sprue Diet Plan- See FFF Diet Plan**
 - **Read all Labels**- can be in ice cream, beer, luncheon meats, instant coffee, canned soups, condiments, wines, grain alcohol, cornmeal, medicine, toothpaste, mouthwash, adhesive on stamps and envelopes
 - **Increase Foods High in Iron**- meats, eggs, dried fruits, whole grains, legumes, dark green leafy vegetables, molasses, enriched breads, cereals/, and flours

