

1) Is celiac disease a real disease or part of a dietary fad?

Celiac disease a real autoimmune disorder where the ingestion of gluten, found in many common food products, leads to small intestinal damage.

2) on the gluten-free diet and if my symptoms get better, then I have diagnosed myself with celiac disease?

No. Celiac disease is a medical condition that can have long-term consequences. It is best if you are evaluated by a gastroenterologist to determine if you have celiac disease prior to starting the gluten-free diet. Otherwise, if one day, a person who was previously eating gluten-free diet feels that he or she doesn't "really" have the disease and suddenly decides to eat a regular diet again or periodically cheats on the diet because he or she don't have objective proof of their condition, they may not fully understand the damage they may cause by ingesting gluten and potential complications they may experience by doing so. In addition, long term follow up is crucial for monitoring compliance and to ensure positive outcomes.

3)

Yes, celiac disease does not necessarily present with abdominal pain or diarrhea. There are number of symptoms that can be caused by celiac disease. Some of the less obvious signs of celiac disease include poor weight gain, changes in behavior or "foggy brain", dental abnormalities, vomiting, infertility/miscarriage, joint pain, lactose intolerance and vitamin and mineral deficiencies including iron deficiency anemia.

