

Phyllis and David Komansky  
C

## What Are The Symptoms Of Celiac Disease?

### Intestinal Symptoms

- Abdominal pain and bloating
- Diarrhea or constipation
- Weight loss and malnutrition
- Fatigue and weakness
- Iron deficiency anemia
- Osteoporosis
- Dermatitis herpetiformis

### Other Symptoms

- Headaches and migraines
- Anxiety and depression
- Joint pain and arthritis
- Mouth ulcers and stomatitis
- Skin rashes and hives
- Neurological symptoms like numbness and tingling
- Infertility and miscarriages

## How Is Celiac Disease Diagnosed?

- Blood tests for celiac antibodies (tTG, IgA, EMA)
- Genetic testing for HLA-DQ2 and HLA-DQ8
- Endoscopy and biopsy of the small intestine
- Response to a gluten-free diet
- Exclusion of other conditions like Crohn's disease and IBS
- Skin biopsy for dermatitis herpetiformis
- Bone density scans for osteoporosis