



Dr. Qurat ul Ain (Anny) Rizvi

Dr. Brindi Rasaratnam

ABOUT

Our gastroenterology services offer patients a comprehensive range of diagnostic and therapeutic services with a focus on gastroscopy, colonoscopy and capsule endoscopy. Our team is dedicated to patient care and strives to make a patient's experience as comfortable as possible.

SERVICES

- Consultation
- Colonoscopy
- Capsule Endoscopy
- Intestinal Ultrasound
- Liver Fibrosis Ultrasound
- EUS
- ERCP
- Gastroscopy
- Breath Testing (Lactose/Fructose/Helicobacter)

COELIAC DISEASE

Dr. Brindi Rasaratnam

Dr. Qurat ul Ain (Anny) Rizvi

Dr. Kaushali Britto

(03) 9790 0188

reception@mdcgastro.com.au

Coeliac disease is caused by a reaction of the gut to gluten. Gluten is part of certain foods - mainly foods made from wheat, barley and rye. Various symptoms can develop including tummy (abdominal) pains, tiredness and weight loss. Symptoms will reduce if you do not eat any foods that contain gluten.

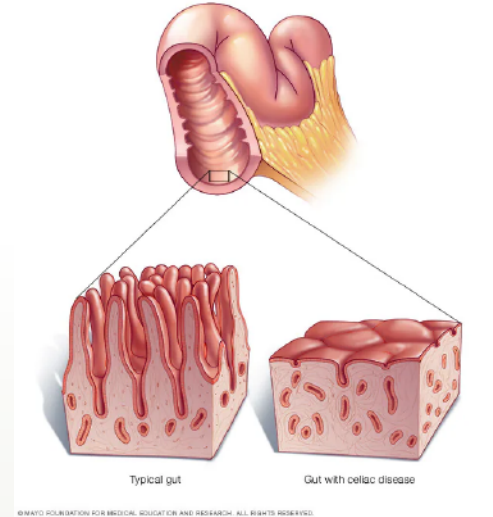
Coeliac disease causes inflammation in the lining of part of the gut (the small intestine). The lining of the small intestine contains millions of tiny tube-shaped structures called villi. These help food and nutrients to be digested more effectively into the body. But, in people with coeliac disease, the villi become flattened as a result of the inflammation. This means that food and nutrients are not so readily digested by the body.

Some people are born with a pre-disposition to developing Coeliac Disease and people from various groups tend to be more likely to develop it. These include:

- Those with Type 1 diabetes: if available, children should be tested for the most common gene types that are associated with coeliac disease. These are HLA-DQ2 or HLA-DQ8. Close relatives (parent, child, and brother/sister) of a patient with coeliac disease.
- Down's syndrome
- Autoimmune conditions such as thyroiditis, Sjögren's syndrome or arthritis.

Coeliac disease is most often diagnosed by a combination of blood tests, small bowel biopsy and gene testing. Importantly, a diagnosis of coeliac disease **SHOULD NOT** be made on the basis of a blood test alone. A positive blood test always needs to be followed by a small bowel biopsy to confirm the diagnosis.

This should be performed by your gastroenterologist during Gastroscopy.



The only established treatment for coeliac disease is a gluten-free diet.

Celiac disease patients vary in their tolerance of gluten -- some patients can ingest small amounts of gluten without developing symptoms, while others experience massive diarrhoea with only minute amounts of gluten.

Ask your doctor about oats. Some patients with coeliac disease can tolerate oats in the diet. Once the disease is in remission with a strict gluten-free diet, it may be possible to reintroduce small quantities of oats into the diet under medical supervision.

Avoid milk and other dairy products that contain lactose. Untreated patients with coeliac disease often are lactose intolerant. With successful treatment, dairy products can often be reintroduced slowly into the diet later.