

“The classical presentation of diarrhea and malabsorption are less common, and atypical and silent presentations are increasing.”

— National Institutes of Health Consensus Development Conference Statement on Celiac Disease, 2004

Symptomatic (intestinal related classical symptoms)

- diarrhea (recurring or persistent)
- constipation
- weight loss (presence of obesity does not exclude the diagnosis)
- abdominal pain (bloating, cramping, or gas)

Extra-intestinal (extra-intestinal symptoms secondary or independent of malabsorption)

- bone pain or bone loss (related to bones - osteoporosis, arthritis and joint pain)
- chronic fatigue (weakness, extreme lethargy, and depression)
- skin problems (intense burning and itching rash- DH)
- dental enamel defects
- lactose intolerance
- abnormal liver enzymes
- swelling of ankles and hands
- neurological symptoms such as paresthesias, ataxia, seizures and migraines
- mouth ulcers
- deficiency of vitamins A, D, E, K
- anemia (deficiency of iron or folic acid (often both) or vitamin B12)
- related to reproductive system (infertility, miscarriages, and menstrual irregularities)

Silent

Patients are still found to have the kind of damage in their small intestine that is typically associated with celiac disease.

Common findings include:

- iron deficiency with or without anemia
- impaired physical fitness, “feeling always tired,” and easily fatigued during exercise
- reduced bone mineral density
- behavioral disturbances, such as depression, irritability, or impaired school performance in children

Associated Conditions

- dermatitis herpetiformis
- Type 1 diabetes
- autoimmune thyroid disease
- osteoporosis
- miscarriages and infertility
- autoimmune hepatitis
- Sjogren’s syndrome
- Addison’s disease
- IgA deficiency
- Down syndrome
- Turner syndrome

Children Specific Symptoms

Classic Considerations

- abdominal distension
- anorexia
- diarrhea (chronic)
- failure to thrive
- irritability
- wasting of fat and muscle

Non-Classic Considerations

- anemia (usually persistent or recurrent iron deficiency)
- arthritis and chronic abdominal pain
- constipation
- delayed puberty

- dental enamel defects
- DH
- abnormal liver enzymes
- short stature
- vomiting

