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What Are The Symptoms Of Celiac Disease?

Intestinal Symptoms

Abdominal pain and bloating are common symptoms of celiac disease. These symptoms are often accompanied by diarrhea or constipation. In some cases, there may be blood in the stool. Weight loss and malabsorption of nutrients are also common. These symptoms are often triggered by the consumption of gluten.

Other Symptoms

Anemia, osteoporosis, and neurological symptoms are also common. Anemia is often due to iron deficiency, which is caused by malabsorption of iron. Osteoporosis is caused by malabsorption of calcium. Neurological symptoms include numbness, tingling, and ataxia. These symptoms are often triggered by the consumption of gluten.

How Is Celiac Disease Diagnosed?

A blood test can detect the presence of antibodies against gluten. This is the first step in diagnosis. If the test is positive, a biopsy of the small intestine is usually performed. This biopsy will show damage to the lining of the small intestine, which is characteristic of celiac disease. The biopsy will also show the presence of the antibodies.

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