

## Celiac Disease/Gluten Sensitivity Symptom Checklist

Celiac disease, an autoimmune condition, can be very difficult to diagnose but is easily controlled by following a gluten-free diet. In the US it is estimated that perhaps 97% of the 1 in 133 people suffering from Celiac are undiagnosed. If you have been unable to find a diagnosis that explains your years of suffering perhaps it is Celiac. While the symptoms of celiac vary, suffering from any of these symptoms — especially over time — may indicate that you should ask your doctor for a celiac blood test. (**NOTE: Do not stop eating gluten before being tested for accurate results.**) Check all that apply to you or your child.

I (or my child) frequently experience:

- bloating, gas and/or abdominal pain
- diarrhea or constipation
- itchy ears, eyes, or skin rash
- discolored teeth or loss of enamel
- joint or muscle pain
- significant unexplained weight loss
- delayed growth
- weight gain
- headaches, brain fog
- insomnia or dizziness
- Weakness, fatigue or tiredness
- Nausea
- hyperactivity or restlessness
- chronic dark circles under eyes
- irregular, skipped, or rapid heart beats
- tingling or numbness in hands and feet
- poor concentration, mood swings
- irritability or behavior changes
- heartburn, reflux
- missed menstrual periods
- fractures or thin bones
- nose bleeds
- Sinus problems, excess mucous

I (or my child) have been diagnosed with the following illnesses or conditions:

- Iron deficiency/ anemia
- Depression
- Type 1 diabetes
- Sjogren's disease
- Irritable bowel syndrome
- Peripheral neuropathy
- Turner Syndrome
- Dermatitis herpetiformis
- Asthma or bronchitis
- Arthritis
- Check here if you have an immediate family member who has been diagnosed with an autoimmune condition or celiac disease.
- Infertility
- Osteoporosis or osteopenia
- Thyroid disease
- Juvenile idiopathic arthritis
- Intestinal cancer
- Down Syndrome
- Williams Syndrome

Frequently experiencing one or more of the symptoms listed, plus being diagnosed with any one of the diseases or conditions listed, may indicate that you have celiac or gluten allergy. If you decide to take tests to get a diagnosis, you may want to bring this list with you when you visit your doctor.