INCREASED RISK OF COELIAC DISEASE?

Regular wheat, rye, or barley (gluten) intake

- NO
  - Prepared to eat gluten
    - NO
      - HLA DQ gene test:
        - DQA1*05 or DQB1*02 or DQB1*0302
          - YES
            - Serology
              - NEG
                - High risk features:
                  - Iron deficiency
                  - Anaemia
                  - Diarrhoea
                  - Age <4-years old
          - YES
            - Gluten challenge
              - YES
                - NOT Coeliac disease
              - NO
                - Gastroscopy and biopsies of small intestine
                  - NOT Coeliac disease
                        - INCONSISTENT test results i.e. serology abnormal and histology not Marsh 3
                          - Specialist review & HLA DQ gene test
                            - Coeliac disease
                              - Strict gluten free diet; confirm clinical recovery & normalization of pathology. Consider repeat gastroscopy & biopsy ~1yr

                  - Villous atrophy, crypt hyperplasia and intraepithelial lymphocytosis (Marsh 3)
                    - Normal histology
                      - AND normal serology
                        - Coeliac disease
COELIAC DISEASE

Affects up to 1% of the community, mostly (but not exclusively), Caucasians, Middle Eastern and West Asians (Indian/Pakistani)

Age of presentation: 6 months to 90+ years

Diagnose

Test children and adults with:

- Iron deficiency and anaemia
- Osteoporosis
- Recurrent abdominal pain, diarrhoea and weight loss
- Liver disease: elevated transaminases
- Peripheral arthritis
- Mouth ulcers
- Insulin-treated diabetes
- Chronic fatigue
- Headaches
- Infertility
- In children: developmental delay, short stature
- Coeliac disease in a first degree relative

Test

Transglutaminase IgA + Total IgA
Deamidated gliadin peptide IgA & IgG
Blood tests do not confirm coeliac disease

Blood tests detect >90% untreated coeliac disease if gluten regularly eaten

HLA DQ gene test can exclude coeliac disease even when gluten not eaten

Gastroscopy with biopsy of small intestine is mandatory to diagnose coeliac disease

For Information and support, contact Coeliac Australia

www.coeliac.org.au 1300 458 836