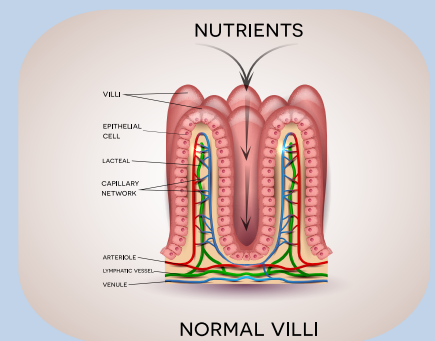
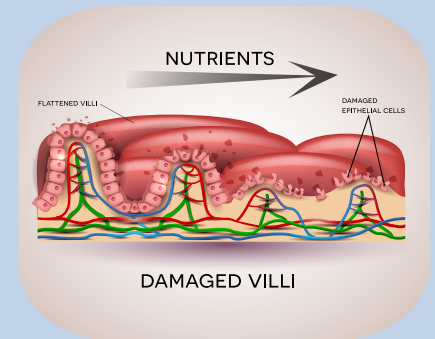
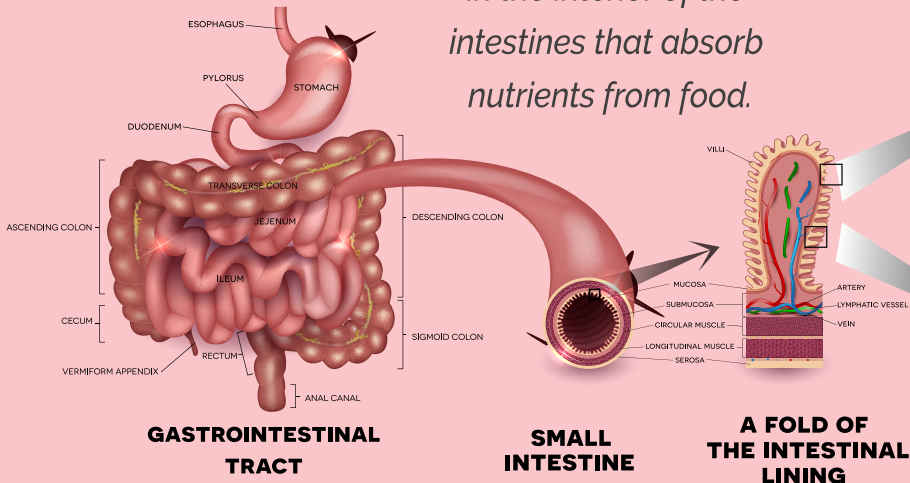


# WHAT IS CELIAC DISEASE?

DAMAGED SMALL INTESTINE LINING

Intestinal villi do not absorb nutrients because of reduced surface area

*The villi are small folds in the interior of the intestines that absorb nutrients from food.*



## WHAT HAPPENS IN THE BODY WHEN SOMEONE WITH CELIAC EATS GLUTEN:

1. **Gluten triggers an immune response** against the body of a person with celiac disease. It's called an autoimmune disorder.
2. The immune system mistakes gluten for a pathogen. Normally, the immune system only attacks foreign pathogens, like viruses.
3. The immune response to gluten occurs in the small intestine.
4. Over time this immune system attack destroys the villi.
5. Damage to the villi causes digestive and other symptoms, **but it can also lead to serious malnutrition over time.**
6. Damage caused by the gluten-triggered immune response will repair itself in time, but only if the person with celiac disease cuts gluten out entirely.

## RECOGNIZE SIGNS OF CELIAC:

- Fatigue and anemia,
- Bone and joint pain,
- Depression and anxiety,
- Loss of bone density,
- Headaches,
- Mouth ulcers,
- Acid reflux,
- Heartburn,
- And numbness and tingling in the hands and feet.

The symptoms of celiac disease can vary a lot from one person to another.