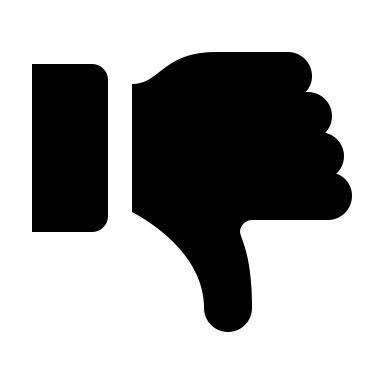
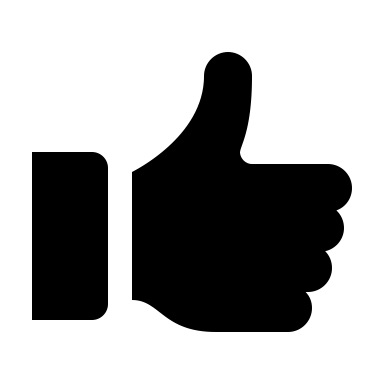
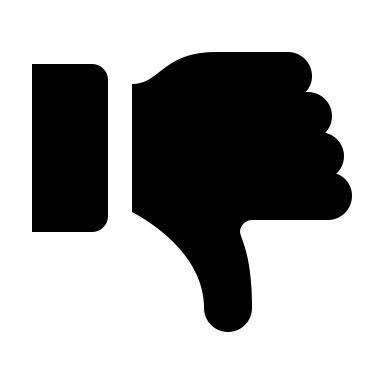
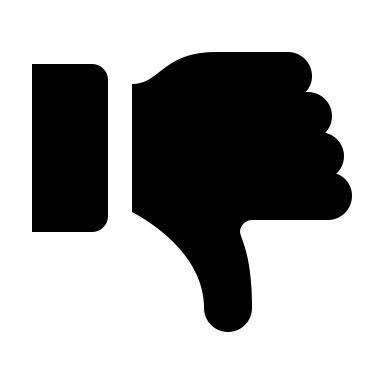
A picture containing food, plate, different, variety

Description automatically generatedBackground pattern

Description automatically generatedA picture containing logo

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**Celiac Disease in the Pediatric Patient**

Emilee R. Wilson MSN, RN

* **Gluten-free diet**
* **Follow-up care**
* **Checking labels on food items for products that contain gluten**
* **Separate all kitchen items used for preparing gluten and gluten-free foods**
* **When eating out, ask about the ingredients in a particular dish if unsure if it contains gluten**
* **Educate family members**
* **Join a support group**
* **Research gluten-free recipes**
* **Watch portion sizes**
* **Ask pharmacist if any of your medications contain wheat or a wheat by-product**
* **Genetic testing**

**PREVENTION AND HEALTH PROMOTION**

**FOODS TO AVOID**

* **Barley**
* **Rye**
* **Oats (if not certified GF)**
* **Wheat**
* **Breadcrumbs**
* **Couscous**
* **Graham flour**
* **Malt**
* **Anything that may be cross-contaminated with gluten**

**FOODS TO EAT**

* **Coconut flour**
* **Corn flour, starch, or meal**
* **Legumes**
* **Popcorn**
* **Potato flour or starch**
* **Quinoa**
* **Rice**
* **Tapioca**
* **Nuts and seeds**
* **Vegetables**
* **Fruits**
* **Meat**
* **Certified Gluten-Free (GF) foods**

Diagram

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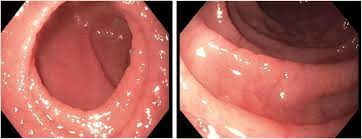
* **Diarrhea**
* **Fatigue**
* **Weight loss or gain**
* **Bloating and gas**
* **Abdominal pain and/or distention**
* **Nausea and vomiting**
* **Constipation**
* **Skin lesions**
* **Irritability**
* **Joint pain**

**ASSESSMENT**

A close-up of an eye

Description automatically generated with low confidenceClose-up of a person's mouth

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**Celiac Disease is an autoimmune disorder where the lining of the gastrointestinal tract is damaged by an immune response to gluten products. The intestinal barrier is weakened, which triggers an inflammatory immune response when gluten is consumed.**

**PATHOPHYSIOLOGY**

* **Regular follow-up visits are vital**
* **Rate of adherence to gluten-free diet is higher among children**
* **Complications are rare with strict adherence to GFD**
* **Younger age at diagnosis, regular follow-up visits as a child, resolution of symptoms, and normalization of serology are predicted to have negative serology after age 18**

**FOLLOW UP CARE**

**TREATMENT**

* **Only treatment is a gluten free diet (GFD)**
* **There are drug therapies that are in different stages of clinical trial but none are approved treatment options yet**

Celiac Disease

Normal

* **Least Invasive: Blood testing for antibodies that would indicate an immune reaction to gluten (tTG-IgA, EMA, Total serum IgA, DGP IgA and IgG)**
* **Most Invasive: endoscopy with duodenal biopsy (removes cells or tissues) will allow doctor to identify inflammation or damage**

**DIAGNOSIS**