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Assessment of cardiovascular aspects, metabolic and nutritional profile in children and adolescents with celiac disease under treatment

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Celiac disease (CD) is a chronic condition, which lasts for life and involves nutritional deficits, a broad spectrum of symptoms and constant dietary treatment. The impact of a gluten-free diet on nutritional and other biochemical and subclinical parameters have been systematically investigated, but further studies are still needed.

We conducted an observational, cross-sectional, prospective study, with availability and not probabilistic samples, matched for sex, age and nutritional status, compounded of 30 participants with CD and 30 normal subjects. The study met all ethical principles. Total cholesterol and the LD-C were higher in the CD group ($p= 0.0268$ and 0.0253 respectively); the HDL-C was low in both groups; the mean of interleukin-10 was higher in the control ($p= 0.0108$); the increased intima-media thickness of the right carotid was more frequent in participants with CD ($p= 0.0049$); and indicators of ventricular functions did not show specific changes.

Patients with CD, under a gluten-free diet for at least one year, have dyslipidemia, a cardiovascular risk factor, and the c-IMT increased, indicative of subclinical atherosclerosis. They also show changes in anti-inflammatory markers, showing that even without gluten, the body needs to maintain inhibitory mechanisms of inflammation, suggesting a process that permeates the absence of the aggressive stimulus, given the IL-10 is decreased in peripheral blood of the CD group, suggesting its recruitment by the gut mucosa, as well as IL-1ra was associated with participants with CD, being both anti-inflammatory cytokines.

Biography

Mauricio Laerte Silva has a Master Degree in Medical Sciences at the Federal University of Santa Catarina and in Epidemiology at Federal University of Rio Grande do Sul, and a Doctorate degree in Medical Sciences at the Federal University of Santa Catarina. He also attended a Post-Doctoral Fellowship in Perinatal Research in the Wayne State University, in Michigan, USA, and in the Georgetown University, in Washington DC, USA, where his focus was the fetal cardiac function, related to infections and placental function. His research field is on cardiovascular risk factors in diseases like AIDS and others with systemic inflammatory compromise, analysing mainly the cardiac and endothelium functions by means of ultrasonography. Dr. Silva served his presidency of the Pediatric Society of Santa Catarina and concurrently was an effective member of the Cientific Department of Pediatric Cardiology of the Brazilian Society of Pediatrics in 4 periods. He is currently Professor in the Medical School of the Santa Catarina South University, in Brazil

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