

Short Note on Gluten Ataxia

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DESCRIPTION

Gluten ataxia, a rare neurological autoimmune illness caused by your body's reaction to the gluten protein present in wheat, barley, and rye, can permanently harm the cerebellum.

When people who have trouble digesting gluten consume gluten-containing foods, they may experience digestive problems and damage to their small intestine. The body's sensitivity to gluten can be rather severe in some situations. In these situations, the body attacks the central nervous system, resulting in gluten ataxia.

This damage has the potential to affect your gait and gross motor abilities, resulting in a loss of coordination and, in some circumstances, leading to serious, progressive disability. However, because gluten ataxia is so new, and not all healthcare practitioners agree that it exists, there is no universally recognized test or diagnosis for it.

What happens in gluten ataxia?

When someone has gluten ataxia, the antibodies created when they digest gluten attack the cerebellum, which is a portion of the brain. The cerebellum is a portion of the brain that is placed above the neck in the back of the head. The cerebellum is in charge of movement and has a direct impact on tasks like:

- Balance
- Speech
- Posture
- Walking
- Running

Symptoms

Gluten ataxia is a progressive disease, which means that symptoms may begin modest and unrecognized and gradually worsen to the point where they are devastating. Gluten ataxia

symptoms are similar to those of other ataxia diseases, making it difficult to make an accurate diagnosis.

The following are some of the more common symptoms that a person may experience:

- Unsteadiness in general movements, such as walking or arm control
- Coordination problems
- Loss of precise movement abilities, such as the ability to write or button a shirt
- Trouble speaking
- Vision issues
- Symptoms of nerve damage in the hands, feet, and limbs

Progression over time

Gluten ataxia is a disorder that develops over time. Other types of ataxia that affect the cerebellum are remarkably similar to this one. It may be difficult to identify or recognise as a distinct, curable ailment as a result of this.

It's not uncommon for a person's general mobility skills to be harmed initially, as evidenced by difficulty walking. It is more likely for a person to:

- Stumble
- Have an unusual walking style
- As the condition worsens, a person may notice problems with:
 - Dizziness
 - While standing
 - Writing or getting dressed

When a person first notices these symptoms, it's likely that removing gluten from their diet will help them reverse the process. However, if the illness is not treated, the symptoms may become permanent.

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Treatment

The treatment is straightforward and is eliminating all gluten from a person's diet. Gluten, including trace levels, must be completely eliminated from the diet. Gluten ataxia can progress even if only a little amount is consumed. Even after eliminating gluten from the diet, the symptoms may take some time to improve. To avoid accidentally swallowing gluten, it is critical to verify the ingredients on all food products.

Not all doctors think that eliminating gluten from the diet will help people with unexplained ataxia symptoms. As a result, they may not advise or even suggest removing gluten from a person's diet as a possible treatment for gluten ataxia. However, anecdotal research suggests that removing gluten from one's diet can help persons with ataxia symptoms.

Diagnosis

A person with gluten ataxia is unlikely to receive a formal diagnosis. Many doctors will not even test for it because of other more recognized forms of ataxia.

The testing methods used to diagnose the illness are also new. Blood tests, which are used by doctors to detect celiac disease, are recommended by the researchers. A positive test result means a person should begin a gluten-free diet right away.

If the person's symptoms improve, gluten ataxia is a significant possibility. To prevent the illness from returning, the person should follow a rigorous gluten-free diet for the rest of their lives.