

Overview on Celiac Disease

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DESCRIPTION

Celiac disease is a digestive ailment characterised by an immune response to gluten that is aberrant. It is an autoimmune disorder. Celiac sprue, also known as gluten-sensitive enteropathy or nontropical sprue, is an immunological reaction to gluten protein consumption. This protein can be found in wheat, barley, rye, and triticale-based diets. It's also found in oats that have been processed with other grains. Gluten can be present in a variety of products, including pharmaceuticals, vitamins, and cosmetics. Gluten induces inflammation in the intestines in people who have celiac disease. The small intestine is gradually damaged by repeated exposure, which might result in issues absorbing minerals and nutrients from food.

Symptoms

Symptoms of celiac disease usually affect the intestines and digestive system, but they can also affect other regions of the body. The symptoms of children and adults are usually quite distinct. Celiac illness can make children fatigued and cranky. They may also be underweight and have a delayed puberty. Other common signs and symptoms are:

- weight loss
- vomiting
- abdominal bloating
- abdominal pain
- persistent diarrhea or constipation
- pale, fatty, foul-smelling stools
- Celiac disease symptoms in adults

Celiac disease can cause digestive problems in adults. Symptoms, in most cases, also affect other parts of the body. These signs and symptoms could include:

- iron-deficiency anemia
- joint pain and stiffness
- weak, brittle bones
- fatigue
- seizures
- skin disorders
- numbness and tingling in the hands and feet

- tooth discoloration or loss of enamel
- pale sores inside the mouth
- irregular menstrual periods
- infertility and miscarriage

Another typical symptom of celiac disease is dermatitis herpetiformis (DH). DH is a rash with bumps and blisters that is extremely itchy. Elbows, buttocks, and knees may be affected. The majority of people who have DH don't have any stomach problems.

Causes

The immune system of the body is meant to defend it against external intruders. When persons with celiac disease consume gluten containing foods, their immune systems strike the gut lining. This promotes gut inflammation (swelling) and destroys the villi, which are hair-like structures on the small intestine lining. The villi absorb nutrients from the meal. If the villi are injured, the person will be unable to absorb nutrients and will become malnourished, regardless of how much food he or she consumes.

Diagnosis

A doctor may typically identify celiac disease by looking at the patient's and family's medical histories and ordering testing such blood tests, genetic tests, and biopsies. Doctors test the blood for antibodies that are common in celiac disease patients, such as antigliadin and endomysial antibodies. If other tests reveal celiac disease, a doctor may perform an intestinal biopsy, which involves taking samples of the intestinal lining with an endoscope. It usually takes several to improve the accuracy of the results. Irritable bowel syndrome, Crohn's disease of the small intestine, lactose intolerance, non-celiac gluten sensitivity, small intestinal bacterial overgrowth, and pancreatic insufficiency are all illnesses that share symptoms with celiac disease.

Treatment

Celiac disease is inherited. Celiac disease is more common in those with other autoimmune diseases and certain genetic conditions. Lupus, rheumatoid arthritis, type 1 diabetes, and

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thyroid disease are some of the disorders linked to celiac disease. The only method to cure celiac disease is to eliminate gluten from your diet for good. This enables the intestinal villi to recover and begin correctly absorbing nutrition. Celiac disease,

if left untreated, can lead to malnutrition, bone thinning, infertility and miscarriage, lactose intolerance, cancer, nervous system issues, and more.