AgelessCoach™
AGE STRONG. LIVE LONG.

Celiac Disease: Six Signs, One Order

The six common signs that are not stomach signs, and why the test has to come before the gluten free diet.

✓ **Verified against published guidance** from NIDDK, Johns Hopkins Medicine & Harvard Health · sources below

Talk with your provider about testing for celiac disease before you change your diet. NIDDK says doctors do not recommend starting a gluten free diet before diagnostic testing, because a gluten free diet can affect test results.

✓ Do This

Check The Six Non Gut Signs

- Anemia and tingling legs
- Brittle bones and enamel loss
- Missed periods and infertility

COACH'S TIP Johns Hopkins names all six.

Keep Eating Gluten Until Tested

- A gluten free diet skews results
- NIDDK says test first
- The blood test needs antibodies

COACH'S TIP Order matters more than speed.

Say So If You Already Stopped

- Tell the doctor before the draw
- Do it before, not after
- It changes how results read

COACH'S TIP One sentence saves a retest.

Ask For The Blood Test

- It measures certain antibodies
- NIDDK names it first
- They run high when untreated

COACH'S TIP This is step one of two.

Ask What Confirms It

- A small intestine biopsy
- A pathologist examines it
- Taken during an endoscopy

COACH'S TIP Blood alone does not confirm.

Ask What The Gene Test Does

- DQ2 and DQ8 variants
- Having them does not confirm
- Without them it is very unlikely

COACH'S TIP It rules out, not in.

✗ Do Not

Do Not Go Gluten Free To Test It

- It can affect the result
- Change the diet second
- A negative may be wrong

COACH'S TIP NIDDK is explicit.

Do Not Treat It As Childhood Only

- Average diagnosis is 46 to 56
- It can start at any age
- About 25 percent after age 60

COACH'S TIP Harvard Health says later.

Do Not Require Stomach Symptoms

- Many adults have none
- So do bone and hormone signs
- Nervous system signs count

COACH'S TIP Harvard Health says so.

Do Not Confuse It With Sensitivity

- Sensitivity triggers no antibodies
- Celiac disease does both
- It causes no gut damage

COACH'S TIP A different condition.

Do Not Treat It Part Time

- Removing gluten is the treatment
- There is no other option
- Johns Hopkins says lifelong

COACH'S TIP Lifelong means lifelong.

Do Not Ignore Your Teeth

- Enamel defects can be a sign
- A dentist may spot it first
- So can canker sores

COACH'S TIP NIDDK names the dental exam.

THE NUMBERS BEHIND THIS SHEET

Three figures worth knowing

46 to 56	average age at diagnosis, Harvard
25%	are diagnosed after age 60, Harvard
2 tests	blood then biopsy, NIDDK

Sources: NIDDK, Johns Hopkins Medicine, Harvard Health. **Educational content, not medical advice.** Talk with your doctor.