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## Coeliac disease can be asymptomatic: four reasons to treat it <sup>1</sup>

1. You may be surprised by how much better you feel! That is, there has been an acceptance of a decreased level of well-being and energy levels as part of normality. It is also common to have accepted abdominal bloating and flatulence as normal.
2. Osteoporosis is a definite risk of untreated coeliac disease although the fracture risk may not be that large. Bone density does improve significantly on a gluten-free diet.
3. There is an increased risk of some cancers with untreated coeliac disease. This includes two rare cancers - small bowel lymphoma and small bowel adenocarcinoma.
4. There is an increased risk of auto-immune diseases (type 1 diabetes, thyroid disease, Sjogren's disease). There is a skin disease associated with coeliac disease called dermatitis herpatiformis and a skin biopsy is helpful for diagnosis. This responds to a gluten-free diet but may take several months or even years to completely respond.

This GEM contains content from [gastro-info website](#) by Dr Alan Fraser, Gastroenterologist.

### References:

1. Dr Alan Fraser. gastro-info website. Coeliac disease and gluten sensitivity. [Click here](#)

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WEBINAR: The use of antidepressants in primary care. 7.30-8.45pm, Tuesday 12 September 2017. [Click here to register](#).

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