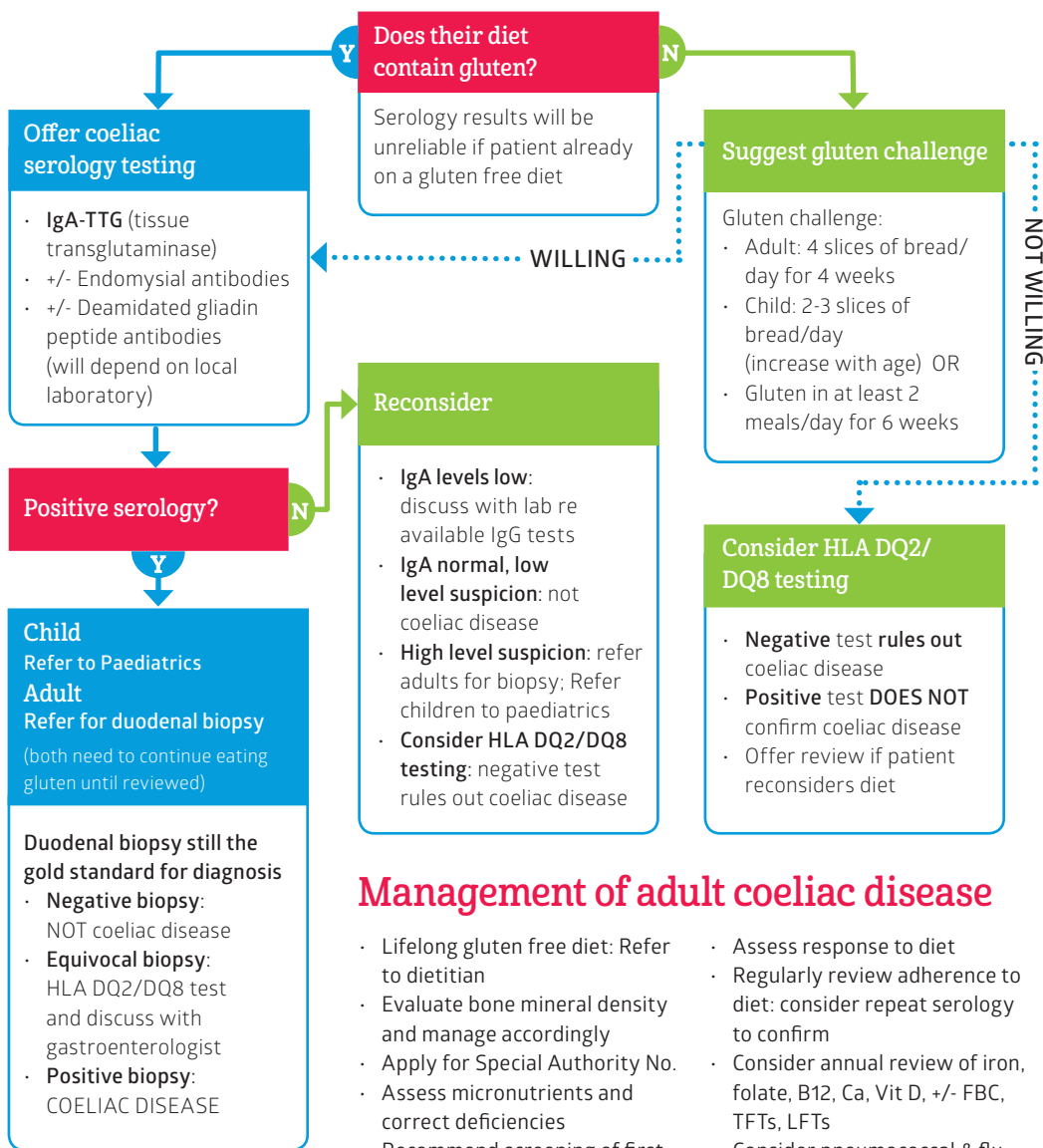


Could this patient have coeliac disease?

DO THEY HAVE ANY OF THE SIGNS, SYMPTOMS OR CONDITIONS LISTED OVER?



Management of adult coeliac disease

- Lifelong gluten free diet: Refer to dietitian
- Evaluate bone mineral density and manage accordingly
- Apply for Special Authority No.
- Assess micronutrients and correct deficiencies
- Recommend screening of first-degree relatives
- Assess response to diet
- Regularly review adherence to diet: consider repeat serology to confirm
- Consider annual review of iron, folate, B12, Ca, Vit D, +/- FBC, TFTs, LFTs
- Consider pneumococcal & flu vaccinations

Offer serological testing for coeliac disease to children and adults with any of the following signs, symptoms and conditions:

Signs and symptoms

- Chronic or intermittent diarrhoea
- Failure to thrive or faltering growth (in children)
- Persistent or unexplained gastrointestinal symptoms, including nausea and vomiting
- Prolonged fatigue ('tired all the time')
- Recurrent abdominal pain, cramping or distension
- Sudden or unexpected weight loss
- Unexplained iron-deficiency anaemia, or other unspecified anaemia (e.g. folate deficiency)

Conditions

- Autoimmune thyroid disease
- Dermatitis herpetiformis
- Irritable bowel syndrome
- Type 1 diabetes
- First-degree relatives with coeliac disease

Consider offering serological testing to children and adults with any of the following:

- Addison's disease
- Amenorrhoea
- Aphthous stomatitis (mouth ulcers)
- Autoimmune liver conditions
- Autoimmune myocarditis
- Chronic thrombocytopenia purpura
- Dental enamel defects
- Depression or bipolar disorder
- Down's syndrome
- Epilepsy
- Low-trauma fracture
- Lymphoma
- Metabolic bone disease
- Microscopic colitis
- Persistent or unexplained constipation
- Persistently raised liver enzymes (unknown cause)
- Polyneuropathy
- Recurrent miscarriage
- Reduced bone mineral density
- Sarcoidosis
- Sjögren's syndrome
- Turner syndrome
- Unexplained alopecia
- Unexplained subfertility

References

National Institute for Health and Clinical Excellence (NICE). Recognition and assessment of coeliac disease. (Clinical Guideline 86.) 2009. www.nice.org.uk/CG86

World Gastroenterology Organisation Practice Guidelines: Celiac Disease. www.omge.org/assets/downloads/en/pdf/guidelines/04_celiac_disease.pdf

British Society of Gastroenterology. Management of adults with coeliac disease. 2010. www.bsg.org.uk/images/stories/clinical/bsg_coeliac_10.pdf

Prepared by Dr K Kenrick for Coeliac New Zealand, May 2012. Updated May 2014.

Resources and support available for your patients:

Coeliac New Zealand
PO Box 302717, North Harbour, Auckland 0751

www.coeliac.org.nz

