



Coeliac Disease

Coeliac Disease is a permanent intolerance to Gluten. Once diagnosed as a Coeliac you must follow a Gluten Free diet for life.

What is Gluten?

Gluten is a protein found in Wheat, Rye, Barley and Oats. In Coeliac's the lining of the gut cannot tolerate the presence of gluten. When gluten is present in the diet, it slowly damages the gut lining over a period of time. Some people when diagnosed have no symptoms at all and others may have had symptoms for a number of months or even years.

Incidence in Ireland

Ireland has the highest incidence of Coeliac Disease in the World at 1 : 100. It is not clear why Ireland and other Northern European countries have a higher incidence than other parts of the world.

What are the symptoms of coeliac disease?

The Symptoms of Coeliac disease varies from person to person but may include the following: tiredness, gastric problems, diarrhoea, weight loss, anaemia, and recurrent mouth ulcers. Some people have no symptoms at all and may be diagnosed by chance while being investigated for another problem.

How is coeliac Disease diagnosed?

Coeliac disease is diagnosed by the combination of a blood test and followed by a gut biopsy if indicated. The gut biopsy is the definite test for coeliac disease.

What do I do now that I have been diagnosed with Coeliac disease?

Once you are diagnosed, as suffering from coeliac disease, you should be referred by your doctor, to the dietetic department. Here you will receive detailed advice on which foods you can and cannot eat. The number of the dietetic department to make an appointment is 01-8065488.

More detailed information is available from:

The Coeliac Society of Ireland
Carmichael Centre
4 North Brunswick Street
Dublin 7

Tel: 01-8721471

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Bon Secours Dietetic Department: Tel 01-8065488 Email: nutrition@dublin.bonsecours.ie