

SYMPTOM CHECKLIST

Celiac Disease affects people differently. Some people develop symptoms as children, others as adults. Symptoms may or may not occur in the digestive system. For example, one person might have diarrhea and abdominal pain, while another person has irritability or depression. In fact, irritability is one of the most common symptoms in children.

Symptoms of Celiac Disease may include one or more of the following:

- Recurring abdominal bloating and pain
- Chronic diarrhea
- Weight loss
- Pale, foul-smelling stool
- Unexplained anemia (low count of red blood cells)
- Gas
- Bone pain
- Behavior changes
- Muscle cramps
- Fatigue
- Delayed growth
- Failure to thrive in infants
- Pain in the joints
- Seizures
- Tingling numbness in the legs (from nerve damage)
- Pale sores inside the mouth, called aphthous ulcers
- Painful skin rash, called dermatitis herpetiformis
- Tooth discoloration or loss of enamel
- Missed menstrual periods (often because of excessive weight loss)

Fortunately, you can ask your doctor for a simple blood test to see if you have Celiac Disease.

Protect your health and peace of mind...get tested today!

Team Gluten-Free™ is a project of the Celiac Disease Foundation,
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