



UNDERSTANDING CELIAC DISEASE

A RESOURCE GUIDE

Celiac Disease

Health Care Professional Pointers

Diagnosis

- Accurate diagnosis relies on patient being on gluten, including leading up to endoscopy (at least 2 months of daily exposure).
- Non-Biopsy diagnosis is possible if **tTG \geq 10 ULN** on two readings
 - Note: EMA not available in BC
 - Readings are ideally separated by at least one month
- tTG < 2 ULN is quite non-specific, serial tracking is encouraged
- If patient is IgA deficient – can order ‘Deamidated Antigliadin Antibody’

Dietitians

- If considering non-biopsy diagnosis, please refer so the patient and family can receive education, guidance, and connection by our dietitians who are leading follow up.

Follow Up

- We rely on referring doctors to follow up on patients post diagnosis including ensuring adherence to a gluten free diet in the long term.
- It can take up to 2 years for the tTG to normalize after implementation of a gluten free diet.

Health Care Professional Resources

Diagnosis - European Guideline

- [European Society Pediatric Gastroenterology, Hepatology and Nutrition Guidelines for Diagnosing Coeliac Disease - 2020](#)

Diagnosis - North American Guideline

- [NASPGHAN Clinical Report on the Diagnosis and Treatment of Gluten-related Disorders - 2016](#)

Webinar 2019

- [Youtube Webinar by NASPGHAN “Gluten Related Disorders: Facts and Fallacies”](#)

General Resources

Health Canada

- [Celiac Disease – The Gluten Connection – Health Canada](#)

Up To Date

- [Patient information: Celiac disease in children – UpToDate](#)

Kids Health

- [Celiac Disease information for kids - KidsHealth.Org](#)

Canadian Celiac Association

- [CCA](#)

Facebook Group

Provincial Chapter - BC

Gluten Free Diet

- [Diet Manual - from Canadian Celiac Association](#)

Gluten Free Diet

- [from AHS - Alberta Health Services](#)

Health Link BC

- [Gluten Free Resources – Health Link BC](#)

Books from the [Family Support and Resource Centre](#) can be borrowed for free and are available to all BC residents. Books can be picked up in person, ordered online, or by phone. The books can even be mailed to your home at no cost. Search the catalogue at <https://bcch.andornot.com/en>