

109 Managing Celiac

To air the week of March 3, 2008

Intro: Wheat is the grain on which Western civilization was built. It's been used for thousands of years as the foundation of our diet. But 1 out of 100 Americans has a condition called celiac disease, which is an intolerance to wheat, barley and rye. It's symptoms can be subtle, but if you don't stick to a gluten-free diet you could be damaging your body and not even know it. More from Mayo Clinic.

Video

Total running time 1:39

Audio

"WE HAVE TORTILLAS A LOT.
NOTHING IN THE COOK FAMILY'S
KITCHEN CONTAINS WHEAT, RYE
OR BARLEY. [SOUND] EVERYTHING
IS GLUTEN-FREE.

Anna Cook

"AND I CAN MAKE BEANS."
8-YEAR-OLD ANNA HAS CELIAC
DISEASE. HER PRIMARY SYMPTOM
WAS WEIGHT LOSS.

Kathy Cook

"SHE HAD LOST SOMEWHERE
BETWEEN 10 AND 20 POUNDS."
A BLOOD TEST AND BIOPSY OF
HER INTESTINE CONFIRMED ANNA
HAD DAMAGE FROM THE DISEASE.

Joseph Murray, M.D.

Mayo Clinic Gastroenterology

"THE DAMAGE THAT HAPPENS IS
AN IMMUNE REACTION. IT'S A

SLOW, SMOLDERING
INFLAMMATION THAT OCCURS IN
THE UPPER PART OF THE SMALL
INTESTINE.”

DR. JOSEPH MURRAY SAYS
GLUTEN IS A PROTEIN FOUND IN
WHEAT BARLEY AND RYE. THE
INFLAMMATORY PROCESS IT
CAUSES DAMAGES THE FINGER-
LIKE PROJECTIONS CALLED **VILL-**
EYE THAT LINE YOUR UPPER
INTESTINE. THIS PREVENTS
ABSORPTION OF NUTRITION.
LONG-TERM EFFECTS INCLUDE
DIARRHEA, CONSTIPATION,
WEIGHT LOSS, MALNUTRITION,
IRRITABILITY, OSTEOPOROSIS,
INFERTILITY, AND EVEN COLON
CANCER.

GPX: Symptoms

- **Diarrhea**
- **Constipation**
- **Weight loss**
- **Malnutrition**
- **Irritability**
- **Infertility**
- **Colon cancer**

Joseph Murray, M.D.
Mayo Clinic gastroenterology

“THE PRIMARY TREATMENT IS
DIETARY.”
ABSOLUTELY NO GLUTEN. AND NO
CHEATING.

Joseph Murray, M.D.
Mayo Clinic Gastroenterology

Standup
Vivien Williams
Reporting

**TO Kathy Cook looking at lists of
gluten-free foods**

To Cook family eating dinner

“MANY PEOPLE WITH CELIAC
DISEASE SEEM TO BE ABLE TO
GET AWAY WITH EATING SOME
GLUTEN AND NOT APPEAR TO GET
ILL. THEY DON'T GET ANY
SYMPTOMS. BUT THEY WILL
ALMOST CERTAINLY BE GETTING
DAMAGE IN THEIR INTESTINES.
SO PEOPLE WITH CELIAC NEED TO
BE AWARE OF OBVIOUS SOURCES
LIKE WHEAT BREADS AND PASTA,
BUT THEY ALSO NEED TO KNOW
ABOUT HIDDEN SOURCES. FOR
EXAMPLE THERE'S GLUTEN IN
SOME TOOTHPASTES, DENTURE
FIXATIVES AND LIP BALM. AND
YOU CAN FIND LISTS OF GLUTEN
FREE PRODUCTS ON THE
INTERNET, IN BOOKS AND IN MANY
GROCERY STORES. STICKING TO
A GLUTEN- FREE DIET WILL KEEP
PEOPLE LIKE ANNA HEALTHY. FOR
MEDICAL EDGE, I'M VIVIEN

WILLIAMS.

Anchor tag:

Dr. Murray says celiac disease is sometime hereditary, so if one family member has it, the rest of the household should be screened too.

And if you do have the condition, a gluten-free diet can help you live a normal, healthy life. Just remember, always check your labels to make sure you are buying gluten-free. If you're not sure, call the manufacturer.

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