

**Mayo Clinic Medical Edge**

**Managing Celiac Disease**

1:00

Log	Audio
<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	THE COOK FAMILY KITCHEN IS A GLUTEN-FREE ZONE.
	8-YEAR-OLD ANNA HAS CELIAC DISEASE. A BLOOD TEST AND BIOPSY OF HER INTESTINE CONFIRMED ANNA HAD DAMAGE FROM THE DISEASE.
<b>Joseph Murray, M.D.</b>	"IT'S A SLOW, SMOLDERING INFLAMMATION THAT OCCURS IN THE UPPER PART OF THE SMALL INTESTINE."
	MAYO CLINIC DR. JOSEPH MURRAY SAYS GLUTEN IS A PROTEIN

	<p>FOUND IN WHEAT, BARLEY AND RYE. THE INFLAMMATORY PROCESS IT CAUSES DAMAGES THE FINGER-LIKE PROJECTIONS CALLED <i>VILL-EYE</i> THAT LINE YOUR UPPER INTESTINE. THIS PREVENTS ABSORPTION OF NUTRITION. THE PRIMARY TREATMENT IS DIETARY. NO GLUTEN AND NO CHEATING.</p>
<p><b>Joseph Murray, M.D.</b> <b>Mayo Clinic Gastroenterology</b></p>	<p>“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.</p>
	<p>STICKING TO A GLUTEN- FREE DIET WILL KEEP PEOPLE LIKE ANNA HEALTHY.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT <a href="http://MAYOCLINIC.ORG">MAYOCLINIC.ORG</a>. I’M VIVIEN</p>

	WILLIAMS.
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