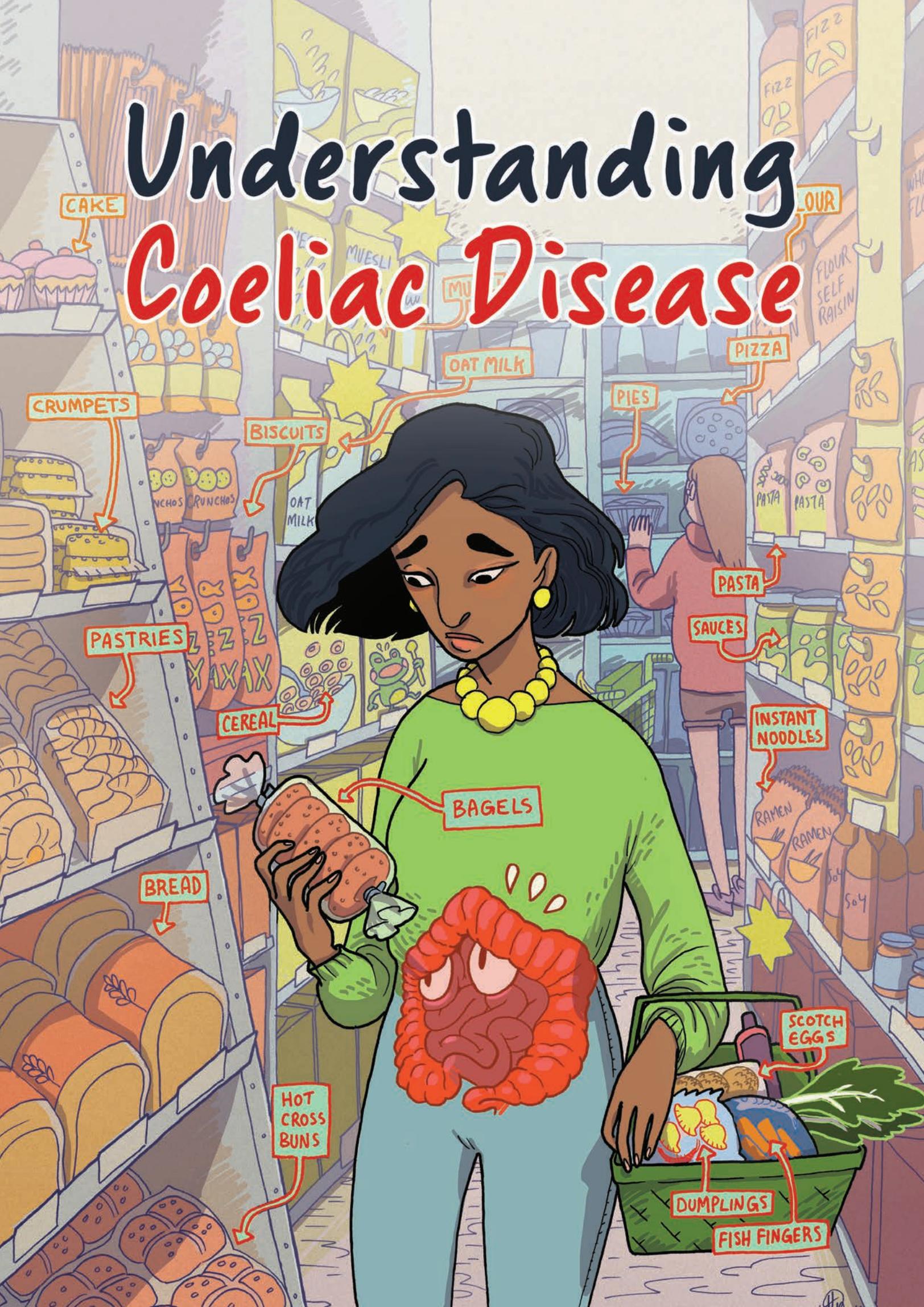


Understanding Coeliac Disease



CAKE

OUR

Coeliac Disease

CRUMPETS

BISCUITS

OAT MILK

PIZZA

PASTRIES

PASTA

SAUCES

CEREAL

INSTANT NOODLES

BAGELS

BREAD

HOT CROSS BUNS

SCOTCH EGGS

DUMPLINGS

FISH FINGERS

FLOUR SELF RAISING

PIES

PASTA

RAMEN

SOY

SOY

SOY

SOY

SOY

SOY

LYNSEY'S DIAGNOSIS STORY

ART BY CATRIONA LAIRD

I'M LYNSEY.
I WAS DIAGNOSED
WITH COELIAC DISEASE
12 YEARS AGO WHEN
I WAS 20.



WHAT ARE THE SIGNS OF COELIAC DISEASE?
PEOPLE WITH COELIAC DISEASE CAN HAVE A RANGE OF SYMPTOMS: FREQUENT BOUTS OF DIARRHOEA, NAUSEA, FEELING SICK AND VOMITING, STOMACH PAIN AND CRAMPING, GAS AND BLOATING, REGULARLY FEELING TIRED AND ONGOING FATIGUE, ANAEMIA, WEIGHT LOSS, REGULAR MOUTH ULCERS, CONSTIPATION OR HARD STOOLS, OR SKIN RASH.

ANAEMIA,
THAT'S ME.



I GET
STOMACH CRAMPS
A LOT.



I REGULARLY
HAVE DIARRHOEA BUT
DON'T KNOW WHY.



YOU KNOW, IF YOU
KEEP HAVING THESE SYMPTOMS
REGULARLY, YOU SHOULD SEE YOUR
GP AND ASK TO BE TESTED FOR
COELIAC DISEASE.



HOW LONG DID IT TAKE
FOR YOU TO BE DIAGNOSED WITH
COELIAC DISEASE?



WELL, IT WASN'T AS
STRAIGHTFORWARD AS I WOULD
HAVE LIKED...



WHEN I WAS 20, I STARTED TO FEEL UNWELL. MY MUM ALREADY HAD COELIAC DISEASE AND EVEN THOUGH NONE OF MY SYMPTOMS MATCHED HERS, WE WERE WORRIED THAT IT MAY BE GENETIC. THAT'S WHEN I DECIDED TO GET TESTED.



MY INITIAL TEST RESULTS CAME BACK NEGATIVE. I WAS DIAGNOSED WITH IRRITABLE BOWEL SYNDROME (IBS). IBS HAS SIMILAR SYMPTOMS TO COELIAC DISEASE.



I WENT TO THE DOCTOR A COUPLE OF TIMES. THEY GAVE ME MEDICINE FOR IBS TO STOP SPASMS BUT MY SYMPTOMS KEPT GETTING WORSE.



I ASKED FOR ANOTHER BLOOD TEST.

I THINK IT'S JUST STRESS. I CAN TELL JUST LOOKING AT YOU THAT YOU DON'T HAVE COELIAC DISEASE.



OKAY, IF IT HELPS, LET'S RUN ANOTHER TEST.



THIS TIME, THE TEST RESULTS CAME BACK POSITIVE!
AFTER AN ENDOSCOPY, IT WAS CONFIRMED THAT
I HAVE COELIAC DISEASE.

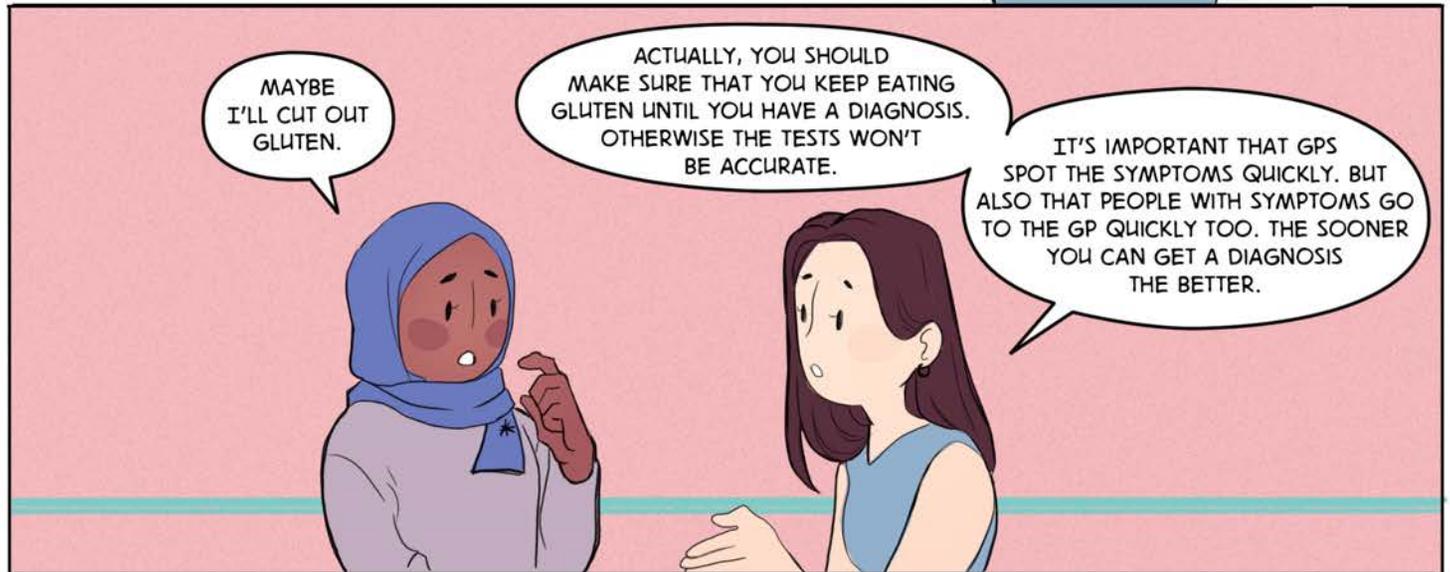
MY CASE ISN'T THAT UNUSUAL.
1 IN 4 PEOPLE WITH COELIAC DISEASE ARE
MISDIAGNOSED WITH IBS. PEOPLE WITH IBS
SHOULD GET TESTED FOR COELIAC DISEASE
IF THEY HAVEN'T ALREADY



MAYBE
I'LL CUT OUT
GLUTEN.

ACTUALLY, YOU SHOULD
MAKE SURE THAT YOU KEEP EATING
GLUTEN UNTIL YOU HAVE A DIAGNOSIS.
OTHERWISE THE TESTS WON'T
BE ACCURATE.

IT'S IMPORTANT THAT GPs
SPOT THE SYMPTOMS QUICKLY. BUT
ALSO THAT PEOPLE WITH SYMPTOMS GO
TO THE GP QUICKLY TOO. THE SOONER
YOU CAN GET A DIAGNOSIS
THE BETTER.



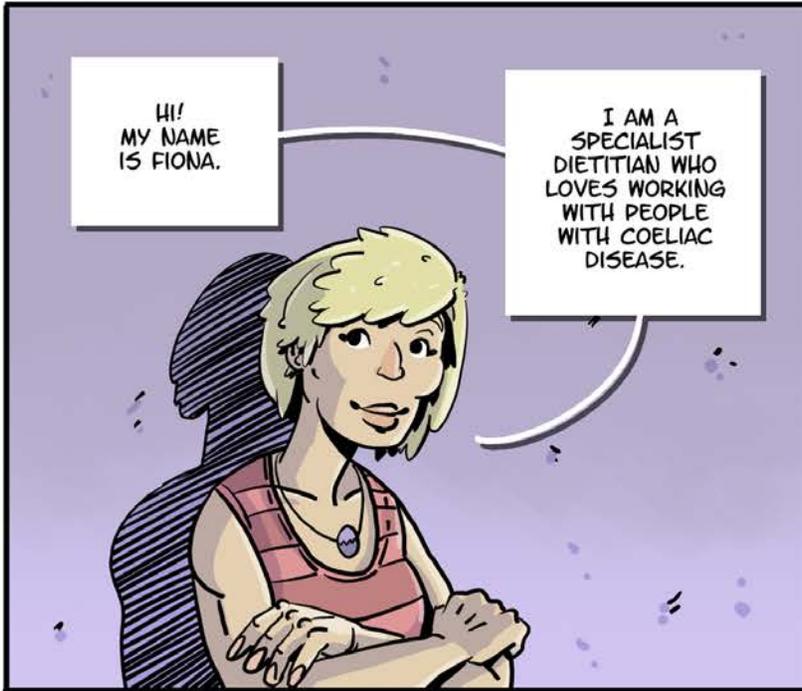
IT'S GREAT TO HAVE A
DIAGNOSIS NOW, BECAUSE IT
MEANS THAT I CAN LOOK AFTER
AND RESTORE MY HEALTH.

I'M ALSO LUCKY TO
HAVE SUPPORTIVE FRIENDS, FAMILY
AND COLLEAGUES

IT'S IMPORTANT THAT
WE EDUCATE OURSELVES
ABOUT COELIAC DISEASE,
AND THERE ARE LOTS OF
GREAT RESOURCES OUT
THERE.

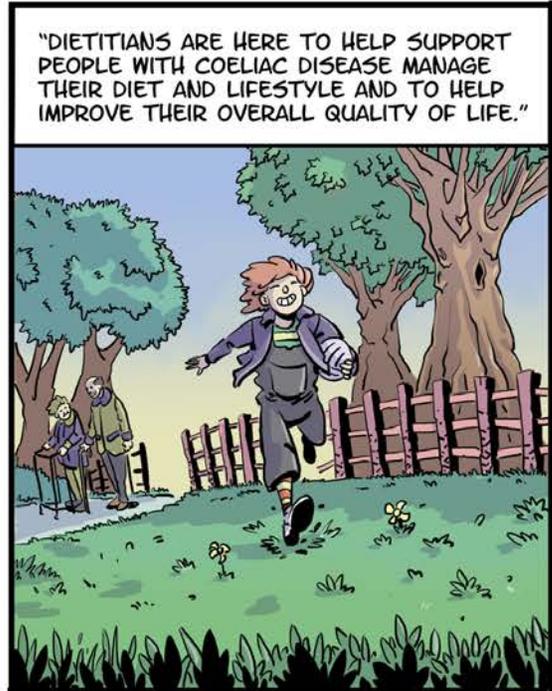


FOR MORE INFORMATION ON RESOURCES PLEASE SEE P.19 OF THIS COMIC

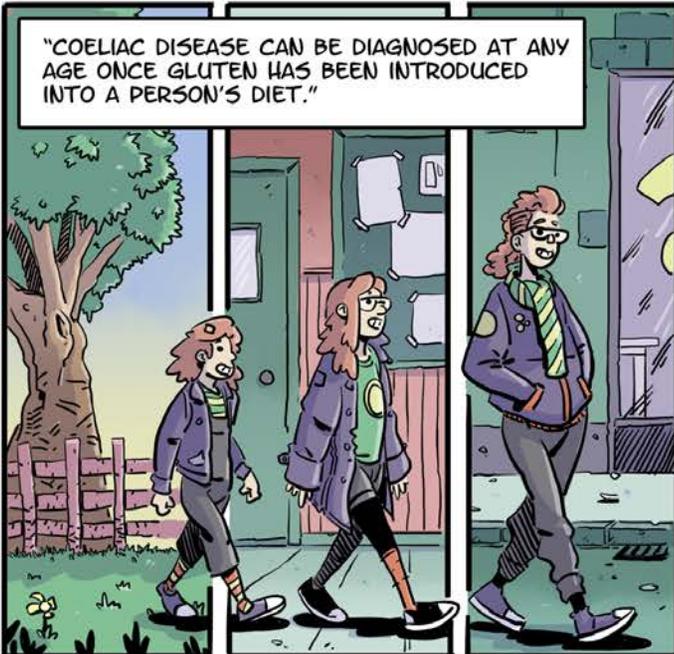


HI!
MY NAME
IS FIONA.

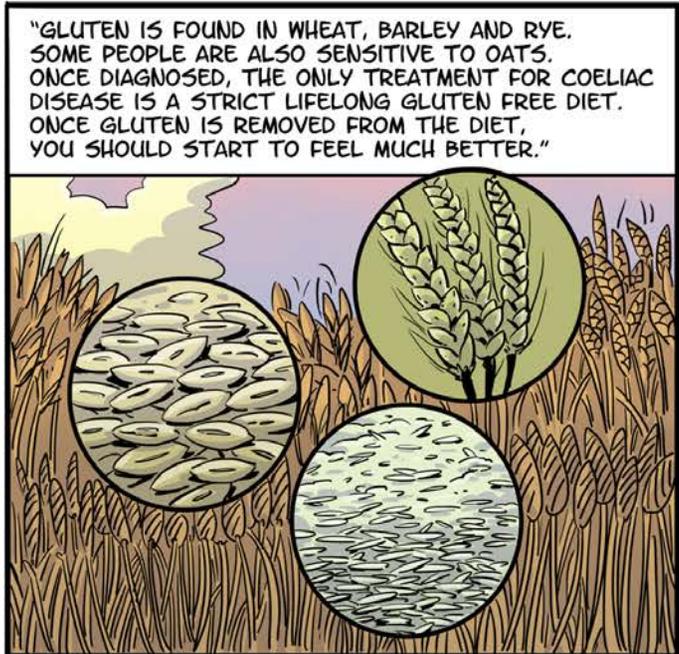
I AM A
SPECIALIST
DIETITIAN WHO
LOVES WORKING
WITH PEOPLE
WITH COELIAC
DISEASE.



"DIETITIANS ARE HERE TO HELP SUPPORT PEOPLE WITH COELIAC DISEASE MANAGE THEIR DIET AND LIFESTYLE AND TO HELP IMPROVE THEIR OVERALL QUALITY OF LIFE."



"COELIAC DISEASE CAN BE DIAGNOSED AT ANY AGE ONCE GLUTEN HAS BEEN INTRODUCED INTO A PERSON'S DIET."



"GLUTEN IS FOUND IN WHEAT, BARLEY AND RYE. SOME PEOPLE ARE ALSO SENSITIVE TO OATS. ONCE DIAGNOSED, THE ONLY TREATMENT FOR COELIAC DISEASE IS A STRICT LIFELONG GLUTEN FREE DIET. ONCE GLUTEN IS REMOVED FROM THE DIET, YOU SHOULD START TO FEEL MUCH BETTER."

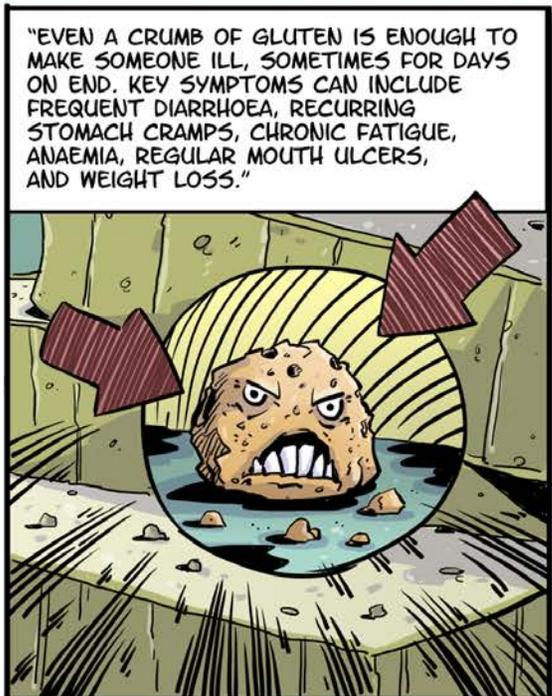


COELIAC DISEASE IS NOT AN ALLERGY OR INTOLERANCE BUT A SERIOUS ILLNESS WHERE THE BODY'S IMMUNE SYSTEM ATTACKS ITS OWN TISSUES WHEN YOU EAT GLUTEN.

ALLERGY & INTOLERANCE X

AUTO-IMMUNE DISEASE ✓

THIS CAUSES DAMAGE TO THE LINING OF THE GUT AND MEANS THE BODY CAN'T PROPERLY ABSORB NUTRIENTS FROM FOOD.



"EVEN A CRUMB OF GLUTEN IS ENOUGH TO MAKE SOMEONE ILL, SOMETIMES FOR DAYS ON END. KEY SYMPTOMS CAN INCLUDE FREQUENT DIARRHOEA, RECURRING STOMACH CRAMPS, CHRONIC FATIGUE, ANAEMIA, REGULAR MOUTH ULCERS, AND WEIGHT LOSS."

"YOU HAVE TO HAVE THE RIGHT GENETIC MAKE UP TO GET COELIAC DISEASE."

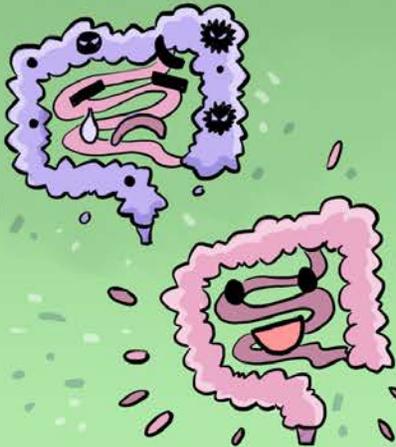
"IF YOU HAVE COELIAC DISEASE, THERE IS A 1 IN 10 CHANCE THAT AN IMMEDIATE RELATIVE MAY ALSO HAVE THE CONDITION."

ATTENTION

IF YOU THINK YOU MAY HAVE COELIAC DISEASE, DO NOT REMOVE GLUTEN UNTIL A DIAGNOSIS IS MADE.



"YOU WILL START TO FEEL BETTER ONCE YOU BEGIN TO AVOID GLUTEN BUT IT TAKES TIME FOR THE GUT TO FULLY HEAL. IT VARIES BETWEEN PEOPLE BUT IT CAN BE UP TO 5+ YEARS."



"THERE ARE MANY NATURALLY GLUTEN FREE FOODS AVAILABLE,"

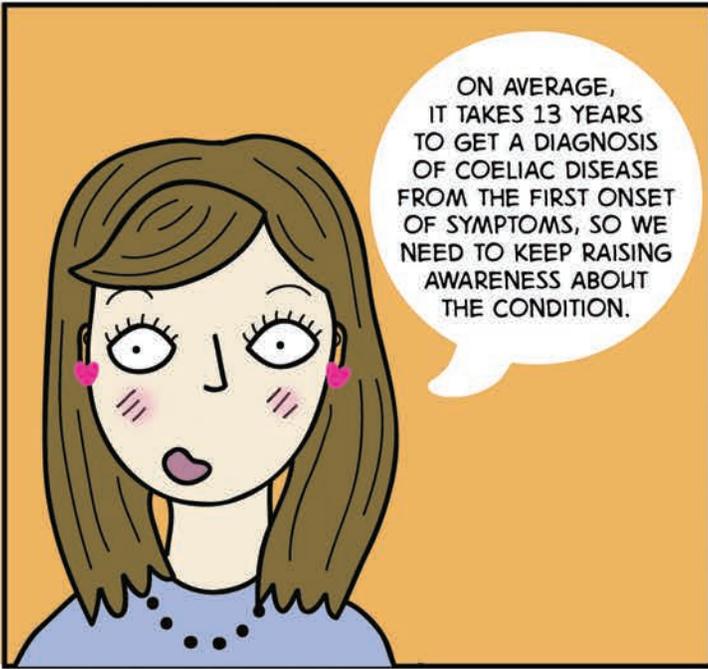


"MANY PROCESSED FOODS ARE GLUTEN FREE. TAKE TIME TO READ THE LABELS CAREFULLY."

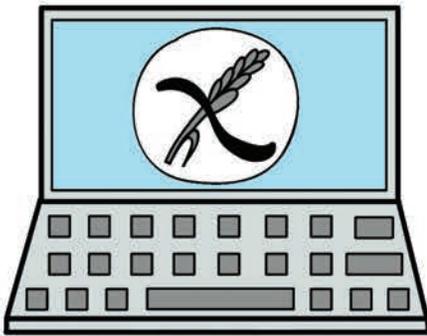
"LEARN BASIC COOKING TECHNIQUES SO YOU CAN COOK WITH FRESH INGREDIENTS."

"BY LEARNING SOME USEFUL TIPS YOU CAN ENJOY A RICH AND VARIED GLUTEN FREE DIET!"

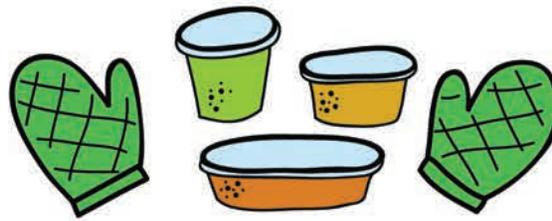




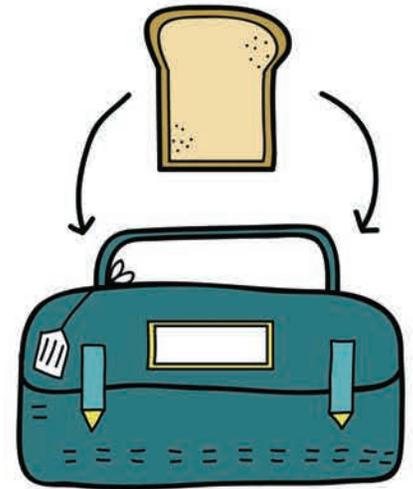
HERE are SOME TIPS FOR people WITH COELIAC disease, THEIR family & FRIENDS (THANKS Lynsey!):



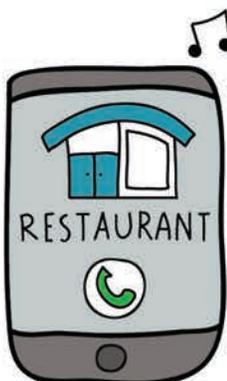
If you are looking for support on coeliac disease there are lots of sources such as the Coeliac UK website, and various social media pages where you can post questions and talk to other people with the condition.



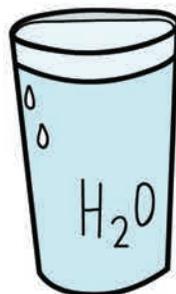
Be organised! Batch cook meals and have convenient snacks on hand



When travelling, consider where you'll be staying and take gluten free bread and other essentials, as needed.



When eating out, call venues in advance to ensure they offer gluten free options. Also check they know the importance of preparing gluten free food safely, free of cross-contamination.



If you are 'glutened', drink plenty of water.



Rely as much as possible on naturally gluten free foods.