

# CELIAC DISEASE

VS

# GLUTEN SENSITIVITY

## WHAT IT IS

Celiac disease is an **autoimmune condition** where eating gluten causes the immune system to attack the small intestine. Over time, this damage can make it harder for the body to absorb nutrients.



## MAIN TREATMENT

Strict **lifelong gluten-free diet**. Even small amounts of gluten can trigger intestinal damage, so people with celiac disease need to avoid wheat, barley, rye, and cross-contact with gluten.



## TESTING

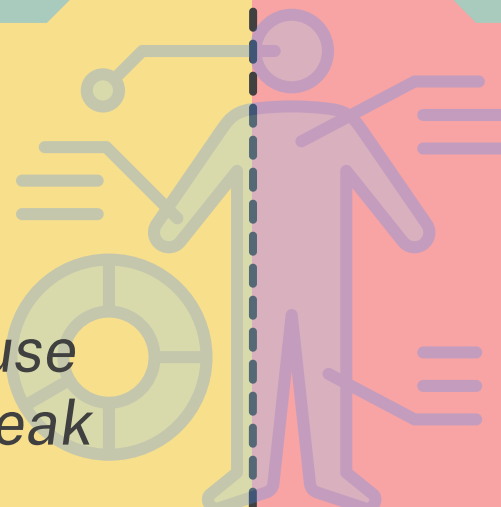
Blood tests and sometimes an intestinal biopsy.



## COMMON SYMPTOMS

Bloating, stomach pain, gas, diarrhea, constipation, nausea, fatigue, headache, brain fog.

*Note: Celiac disease can also cause weight loss, anemia, skin rash, weak bones, or poor growth in children because it can damage the small intestine.*



## WHAT SHOULD YOU DO?

Talk to a doctor before starting a gluten-free diet, read food labels carefully, ask about ingredients when eating out, and follow your provider's instructions if you have celiac disease.

## WHAT IT IS

Gluten sensitivity causes symptoms after eating gluten, but it **does not cause the same autoimmune damage** to the small intestine.

## MAIN TREATMENT

**Reduce or avoid gluten if it causes symptoms**. Unlike celiac disease, it does not require the same strict lifelong gluten-free diet unless recommended by a healthcare provider.

## TESTING

Diagnosed after celiac disease and wheat allergy are ruled out.

## COMMON SYMPTOMS

Bloating, stomach pain, gas, diarrhea, constipation, nausea, fatigue, headache, brain fog.



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For more information:  
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Sources: NIDDK, MedlinePlus, Mayo Clinic, Celiac Disease Foundation