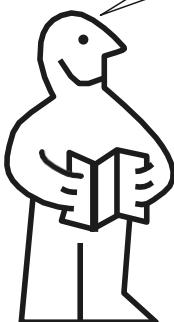
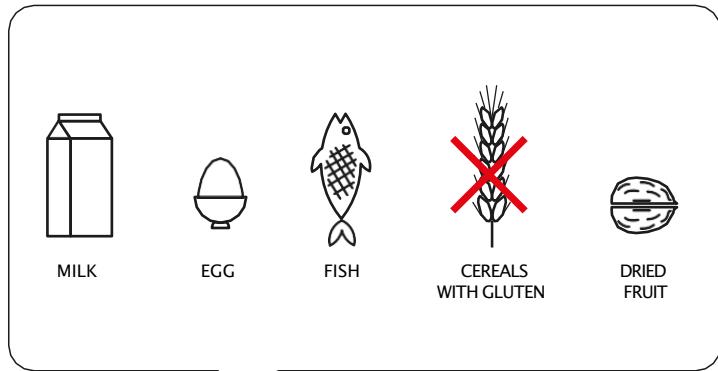
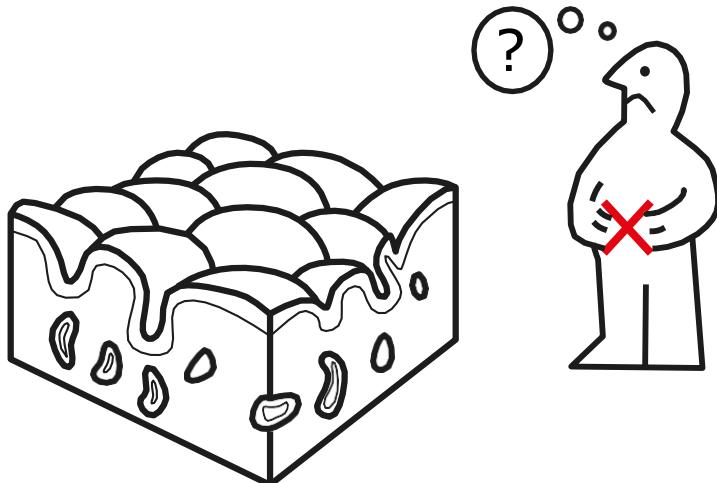


CELIAC DISEASE

User instructions



A symptom doesn't define Coeliac Disease... check this out!

Abdominal pain, diarrhoea, constipation, vomiting, poor appetite, mouth ulcers, steatorrhoea (presence of fats in the stools), weight loss, slowed growth: these are malabsorption-related symptoms typical of **Classical Coeliac Disease**, which is more common in childhood and especially shortly after weaning.

CLASSIC

Extra-intestinal symptoms characteristic of **Non-Classic Coeliac Disease** are: drug-resistant iron-deficiency anaemia, dermatitis herpetiformis, short stature, pubertal retardation, bone pain and pathological fractures, gynaecological problems (repeated miscarriages), dental enamel hypoplasia, alopecia, asthenia, depression, peripheral neuropathy, polyneuropathy, high liver enzymes (hypertransaminasemia).

NON-CLASSIC

There may also be cases where people are completely asymptomatic or present such nuanced complaints that the suspicion of Celiac Disease is not easily identified. In these cases, it is referred to as **Silent or Subclinical Coeliac Disease**.

In other cases, the intestinal mucosa is normal but blood tests (antibodies for Coeliac Disease) are positive. This form is called **Potential Coeliac Disease**.

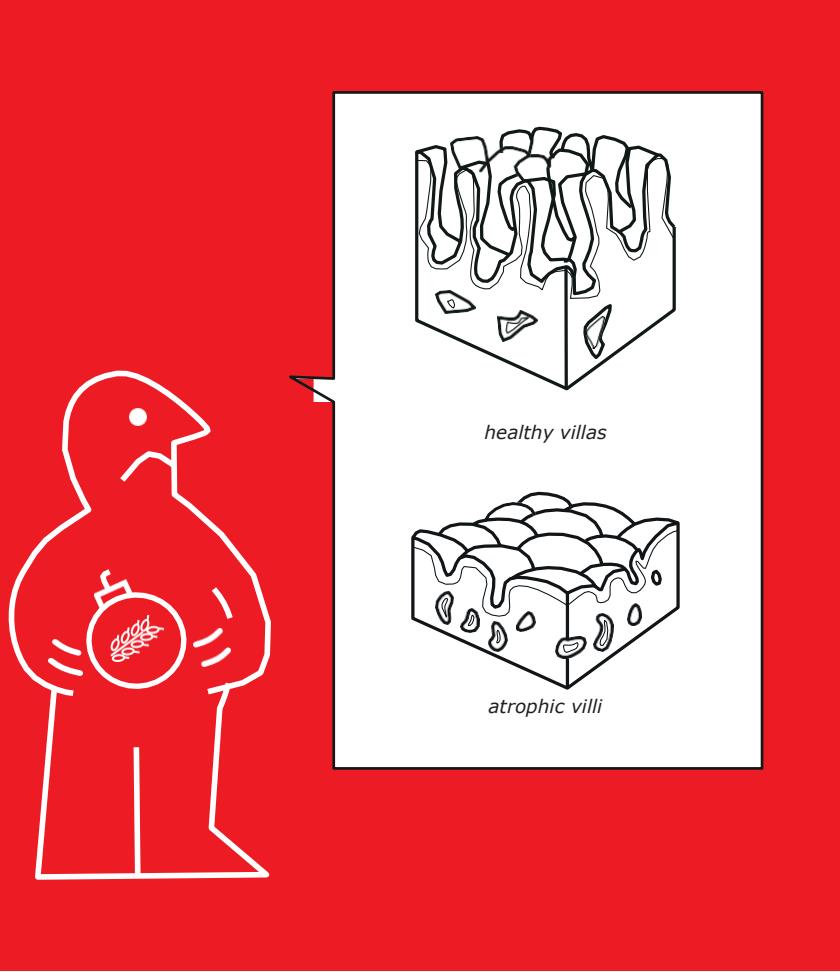
POTENTIAL

SILENT



What is Coeliac Disease?

Coeliac Disease is a chronic inflammation of the small intestine triggered by the ingestion of gluten in genetically predisposed individuals. The inflammation causes the flattening of the villi, impairing the absorption of nutrients. Coeliac Disease is not an allergy and is not caused by "contact", but exclusively by the ingestion of gluten. In the past, Coeliac Disease was considered a paediatric condition. Today, it is known that it can manifest itself at any age and lasts throughout the rest of the patient's life.



What happens after a diagnosis?

The moments following diagnosis can be delicate: one may feel lost or anxious about the changes that Coeliac Disease requires, especially in one's diet.

After all, changing one's habits is not always easy, so it is important to take some time to deal with this moment, to get to know this new reality and, if necessary, to rely on competent and informed professionals.

You will gradually learn a new lifestyle.

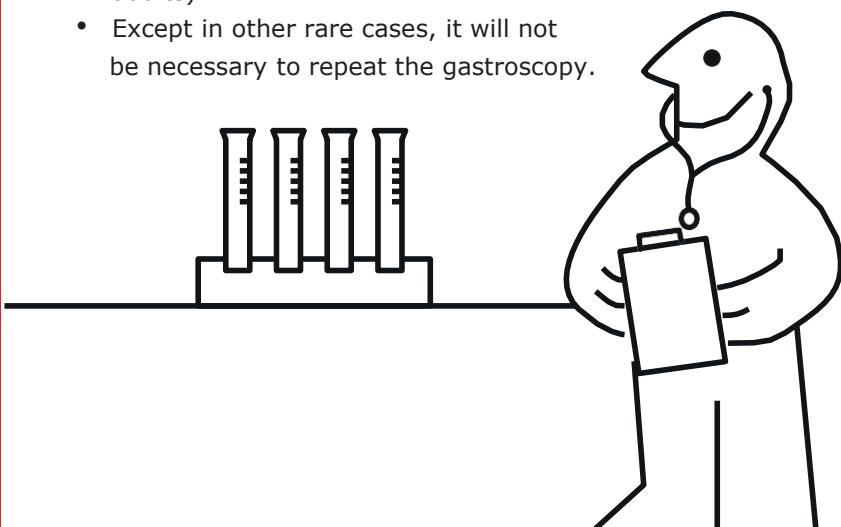
Since 1979, the Italian Coeliac Association (AIC) has been the reference point in Italy for people living with Coeliac Disease and represents them in interaction with the relevant institutions.

Will I need further check-ups?

The answer is yes.

Typically, these include:

- A follow-up check-up after 3-6 months
- One appointment per year (max every 2 years) with blood tests that your gastroenterologist and/or your GP or pediatrician will recommend
- One bone densitometry after approximately 1 year (in adults)
- Except in other rare cases, it will not be necessary to repeat the gastroscopy.



What is the treatment?

A gluten-free diet is currently the only therapy that leads to the resolution of symptoms, normalization of the mucosa and blood tests, and the recovery of good health.

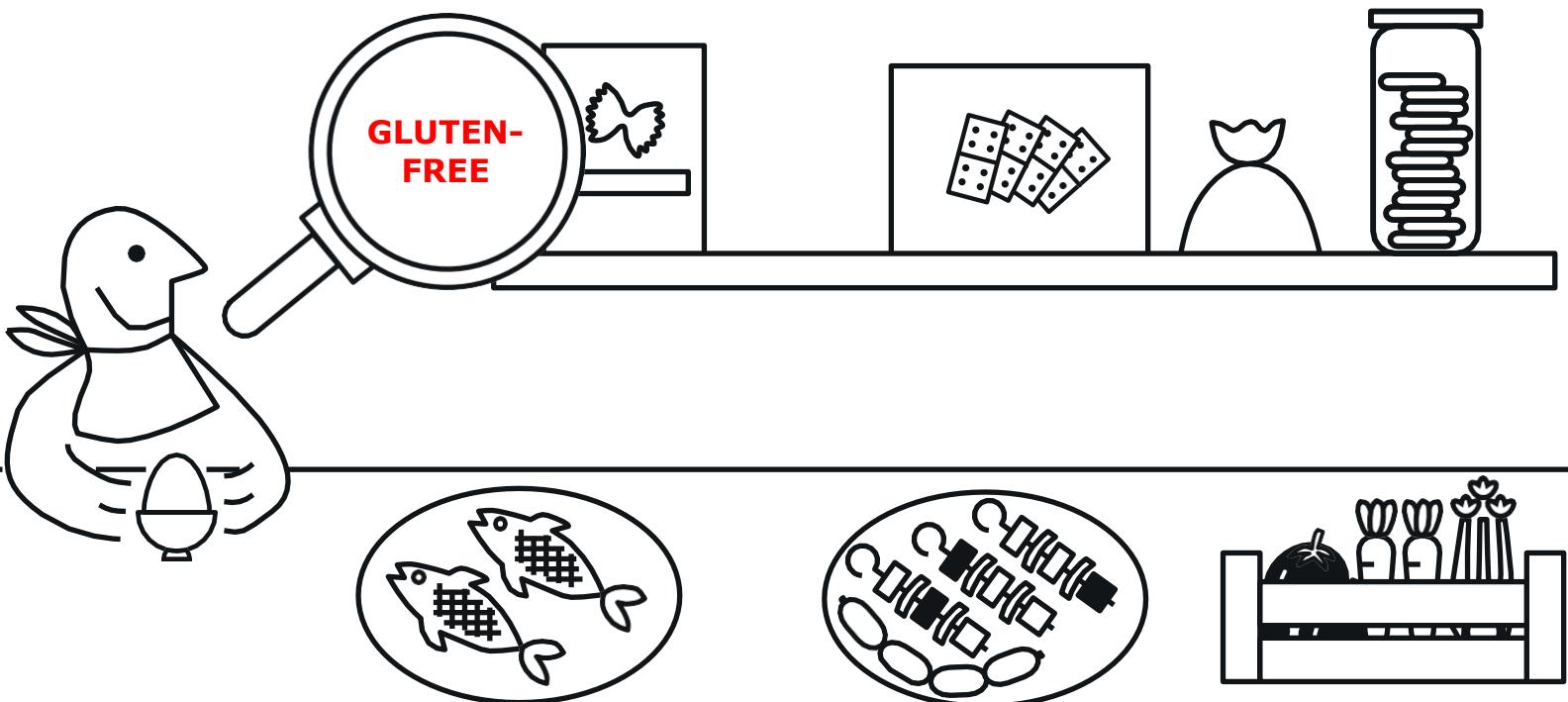
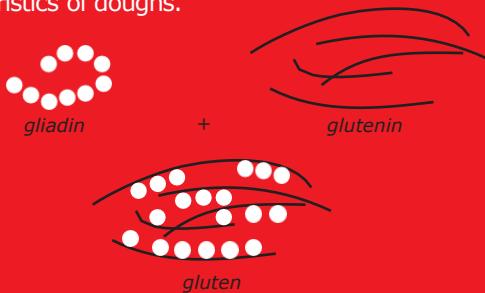
IMPORTANT: gluten-free diet must be followed for a lifetime and not just until the symptoms disappear.

A gluten-free diet is not, as it might seem, restrictive or necessarily associated with the concept of deprivation. Taking the Mediterranean diet as a reference, you can discover a multitude of naturally gluten-free foods that each of us consume daily, whether coeliac or not, and that are the basis of numerous recipes, from the simplest to the most elaborate. For a healthy and enjoyable gluten-free diet, it's important to read food labels; Coeliac Disease can also be an opportunity to learn how to eat healthier.

Gluten



Gluten is an alcohol-soluble protein complex found in some cereals such as wheat, rye, barley, spelt, kamut, triticale, enkir, freekehfrik (Egyptian green wheat) and their derivatives. Due to its technological properties, gluten is often used as a thickener, preservative and enhancer. It is also responsible for the elasticity, viscosity and cohesion characteristics of doughs.



Which foods will I be able to eat?

Naturally gluten-free foods: rice, corn, meat, fish, milk, eggs, legumes, potatoes, vegetables, and fruits as they are. Processed or derived foods become at-risk food products due to contamination (examples: rice and corn flour).

Foods belonging to not-at-risk categories for coeliac people, as there is no risk of cross-contamination or environmental contamination during their production process (e.g. canned tuna or tomato puree).

Gluten-Free Products specifically formulated for coeliac or gluten intolerant people (gluten <20 ppm, parts per million), registered with the Ministry of Health. These foods are alternative foods to those products in which gluten is generally a structural part, such as flour mixes, pasta, bread, pizza bases, crackers, biscuits, sweet and savoury baked goods. The substitute products listed in the National Registry of Gluten-Free Foods are provided to people living with Coeliac Disease through the National Health Service.

Free-trade products labelled as "Gluten-Free" (Reg. EU 828/2014). Any free-trade product (ice creams, cured meats, candies, sauces, etc.) for which producers can guarantee the absence of gluten (gluten <20 ppm) can carry the "gluten-free" label, possibly followed by the additional wording

"suitable for coeliacs" or "suitable for people intolerant to gluten." The label "gluten-free" is voluntary.

Products with the "crossed out wheat spike" logo of the Italian Coeliac Association. The "crossed out wheat spike" trademark is owned by the AIC and is granted for use to companies upon request. Obtaining the trademark is subject to a qualification process similar to the agri-food product certification and thus to the control of the entire production chain. The trademark certifies that the gluten present in the product is less than 20 ppm. There are many free-market foods that have obtained this mark, such as sausages, chocolate, ready meals, etc.

Products listed in the AIC Food Handbook. The Food Handbook is an annually renewed publication that also lists, following evaluation, products that, although not specifically designed for a particular diet, are still suitable for consumption by those living with Coeliac Disease (e.g. fruit yogurt, candies, puddings, chocolate, etc.). It is viewable on the AIC Mobile App, with all updates and deletions. Starting from 2017, all products with the "crossed out wheat spike" symbol, as well as products listed in the AIC Food Handbook, also bear the "gluten-free" label on their packaging.



20 parts per million (ppm)

The law allows companies to include the words "gluten-free" on the label if a product is suitable for celiac consumers (gluten < 20 ppm, parts per million). The 20 ppm correspond to 20 mg/kg, a quantity so small that a bread crumb alone can contain almost double it!

Consult the ABC of the celiac diet

And discover the permitted, risky and prohibited foods.



SCAN ME



What to look for on the label

To verify that a product is suitable for GLUTEN-FREE diets, you need to look for the following phrase or symbols on the label:

- The words "GLUTEN FREE"
- The Spiga Barrata brand
- The Ministry of Health brand



Naturally gluten-free products, by law, CANNOT use the claim "GLUTEN-FREE" since by their nature they do not need to declare the absence of gluten

In the kitchen...

Preparing a gluten-free meal at home is straightforward, but it's essential to follow some precautions:

- Use suitable ingredients
- Store open packages in a way that they cannot be contaminated with gluten-containing products (for example, store gluten-free foods on higher shelves and gluten-containing ones on lower shelves).
- Prepare dishes on clean surfaces and with clean stoves, pans and utensils (both dishwasher and hand washing can remove gluten residues).
- All utensils, cutlery and tools that come into contact with food, regardless of the material they are made of, including wood, are suitable, provided they are carefully washed with water and soap. For perforated utensils (e.g., skimmers, colanders) it's advisable to pay extra attention, but even in this case, thorough and careful washing by hand or in the dishwasher can ensure proper cleaning.
- Always wash hands with soap and water before cooking and whenever gluten-containing foods have been handled.
- When cooking gluten-free dishes, do not use water that has previously been used to cook food containing gluten.
- Do not fry in oil previously used for frying food containing gluten.
- Use baking paper or aluminium foil on surfaces (e.g. the oven tray or grill) that may have been previously contaminated.
- There is no need for dedicated sponges as rinsing them in running water and detergent is sufficient to remove any food residues.
- It is possible to use the same oven for cooking both gluten-containing and gluten-free foods, as long as you pay attention when handling the baking trays and gluten-free foods are cooked on the highest racks of the oven and covered with aluminium foil.



...and away from home!

If you eat out, it's good to:

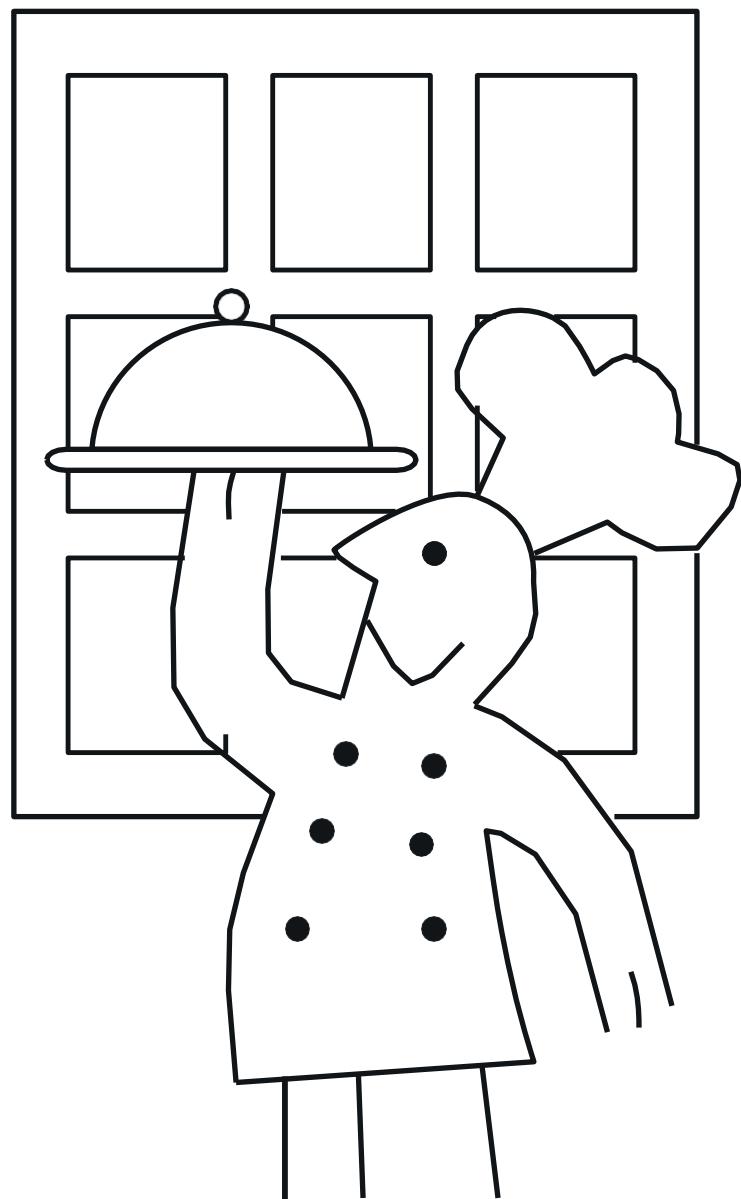
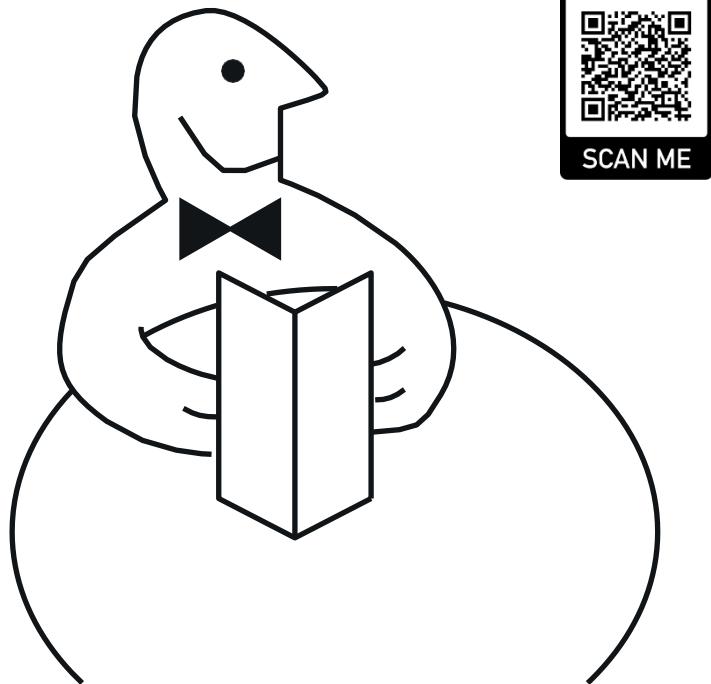
- Always make a reservation in advance, informing the staff of your gluten-free dietary requirement.
- Before ordering, always identify yourself as a coeliac customer.
- Always ask for the ingredients list of the dishes you intend to consume and, if in doubt, avoid consuming the dish.
- Additionally, the Italian Coeliac Association (AIC) has set up the "Eating Out" project: a network of more than 4000 catering sites that have been informed about Coeliac Disease and are able to offer a service suitable for coeliac dietary needs, following completion of a specific training course. The list of participants in the "Eating Out project" is available in the printed Guide, which is published annually and is always updated on the AIC Mobile App.

RESTAURANT



Associazione
Italiana
Celiachia

Download the AIC Mobile app



E se mi sbaglio e mangio glutine per errore?

A coeliac who consumes gluten experiences an autoimmune reaction, not an allergic reaction. In some individuals, even a small amount of gluten can lead to the recurrence of symptoms, while in others, no symptoms may appear. However, this does not mean that the gluten-free diet can be suspended.

The immune system of people living with Coeliac Disease identifies gluten entering the intestine as something dangerous. Antibodies released by the body are activated to fight it. In doing so, inflammation arises, along with the conditions that lead to a diagnosis (damage to the intestinal mucosa). If symptoms reoccur due to a random error, taking a drug to treat the symptoms may be sufficient. In any case, for your peace of mind, consult your doctor.

Where can I find further information?

Associazione Italiana Celiachia Piemonte APS

Telephone: 011 3119902

Email: segreteria@aicpiemonte.it

Website: <https://piemonte.celiachia.it/>



Bibliography and siteography:

- Associazione Italiana Celiachia:
www.celiachia.it
- "Mangiare bene senza glutine - La tua guida pratica alla celiachia" (2018 edition)
- Consensus Oslo, 2013
- Protocollo diagnosi e follow-up celiachia (GU n. 191 19/8/2015)



Cleaners and Cosmetics

Since Coeliac Disease exclusively affects the small intestine, the presence of gluten in cosmetics, detergents, or other products that may come into contact with skin and mucous membranes poses no risk to people affected by Coeliac Disease. Even the amount of toothpaste or lipstick that may be accidentally ingested does not result in a significant intake of gluten.

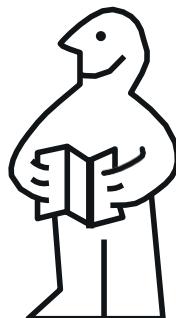
Drugs and Supplements

Coeliacs can safely take all medications available on the market, as the standards regulating medications require a gluten content of less than 20 ppm. However, homeopathic products and food supplements, since they are not classified as medications, should be considered unsafe for coeliacs and evaluated on a case-by-case basis.

Authors of the publication:

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AIC Piedmont Scientific Committee

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