

# Celiac Disease and Osteoporosis

## What Is Osteoporosis?

Osteoporosis is a disease that causes bones to be less dense and more fragile than they're supposed to be, making them more likely to break. People with celiac disease are at an increased risk for osteoporosis.



## Symptoms

- ✓ Bone Fractures
- ✓ Minor or major breaks
- ✓ Decreased height
- ✓ Severely curved upper back called a “dowager’s hump”

## Risk Factors

- ✓ Insufficient calcium intake
- ✓ Insufficient vitamin D intake
- ✓ Thin or small frame
- ✓ Family history of osteoporosis
- ✓ Taking particular medications
- ✓ Insufficient weight-bearing exercise
- ✓ Smoking
- ✓ Too much alcohol consumption
- ✓ (Women) Postmenopausal, early menopause, not having menstrual periods

## Osteoporosis and Celiac Disease

The reason why people with celiac disease are at high risk for developing osteoporosis is because of inadequate absorption of calcium and vitamin D. Celiac patients who weren't diagnosed until adulthood have an increased risk of osteoporosis because they have gone longer without proper nutrient intake.

## Treatment

- ✓ Bone density usually improves when celiacs with osteoporosis adopt a gluten-free diet.
- ✓ Calcium and vitamin D supplements and eating foods rich in these nutrients
- ✓ Weight-bearing exercise
- ✓ Avoid smoking and excessive alcohol.

## Testing and Diagnosis

It's recommended by the American Gastroenterological Association that all celiac patients undergo bone density tests, also called bone density scans, a bone densitometry, or bone mineral density (BMD) tests. These tests are quick, easy, and painless. You can make an appointment with your doctor for a prescription for a bone density test.

**Tina Turbin, Founder of <http://GlutenFreeHelp.info>**  
**Your Dependable Celiac and Gluten-Free Resource Guide**  
This Tip Sheet is property of TTAT Inc., and for permission to copy or use please contact [info@GlutenFreeHelp.info](mailto:info@GlutenFreeHelp.info).