

Are You at Risk for Celiac Disease?



Anyone can have celiac disease, but it is more common when certain factors are present:

Race

Celiac disease is most common among white people of Northern European origin and rarer in Asians and Africans.

Autoimmune Disorders

Celiac disease is more prevalent among people with the following autoimmune disorders:

- ❖ Autoimmune thyroid disease
- ❖ Lupus erythematosus
- ❖ Microscopic colitis
- ❖ Rheumatoid arthritis
- ❖ Type 1 diabetes
- ❖ Sjögren's syndrome
- ❖ Down syndrome
- ❖ Turner's syndrome

Family

Celiac disease tends to run in families. There's a 10% chance that an individual with celiac disease has a first-degree relative (parent, child, and sibling) who also has celiac disease.

Severe Stress

People may have the potential for celiac disease but go for as long as decades before they experience symptoms. This onset can be sparked by a major stress such as childbirth, surgery, or an infection.

**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.