

## Celiac Disease Diagnosis

### Testing to Ask My Doctor For & Why

#### Do you suspect you have celiac disease?

There is a test to ask your doctor for. Results aren't always correct, and positive results aren't enough for a celiac diagnosis. The best way to confirm celiac disease is with an intestinal biopsy as well as a positive response to the treatment of eliminating gluten from the diet.

#### Which test should I ask my doctor for and why?

Blood tests can test how your immune system responds to gluten in your diet by testing for specific antibodies. According to the University of Chicago Celiac Disease Center, the Anti-Tissue Transglutaminase (tTG-IgA) is the most sensitive screening test for celiac disease available. "Ig" stands for "immunoglobulin" (antibody). Anti-endomysial IgA and anti-tissue transglutaminase IgA (tTG) are anti-self antibodies, as opposed to anti-gluten, or anti-gliadin, antibodies.

**You need to ensure your doctor tests for IgA deficiency. If deficiency exists, alternate tests that use a class of antibodies can help diagnose celiac disease. You will have false negatives if you are deficient in IgA.**

According to the University of Chicago Celiac Disease Center, anti-gliadin antibodies (AGA-IgG and AGA-IgA) are no longer tested for in diagnosing people for celiac disease because of a high level of inaccuracy.

#### What is an endoscopic biopsy?

If your antibody blood test results are positive, the next step is an intestinal biopsy. The procedure is to insert an endoscope, a long and thin tube, into the small intestine to take samples of the tissue lining in order to determine if the villi, or absorptive finger-like structures that line the organ, have been damaged.

#### Resources:

American Celiac: Diagnosis <http://americanceeliac.org/celiac-disease/diagnosis/>

University of Chicago: Celiac Disease Center <http://www.celiacdisease.net/testing>

Tina Turbin, Founder of <http://GlutenFreeHelp.info>  
Your Dependable Celiac and Gluten-Free Resource Guide

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