

# CELIAC DISEASE (CD)

## One in 100 people in the U.S. has celiac disease.

CD is a lifelong, autoimmune disease where the immune system attacks its own body. With CD, eating foods containing gluten – a family of proteins found in wheat, rye and barley – triggers the immune system and causes inflammation in the small intestine. As a result, nutrients from food are not absorbed, and if gluten remains in the diet, serious damage to the small intestine and other organs can occur.

## For many children, CD:

- Develops unexpectedly
- Occurs without a family history
- Has few to no symptoms right away

## Children with CD require:

- Care from a physician and care team trained in treating celiac disease
- A gluten-free diet

## Symptoms of CD:



**BLOATING,  
GASSINESS OR  
STOMACH PAIN**



**CHRONIC  
DIARRHEA OR  
CONSTIPATION**

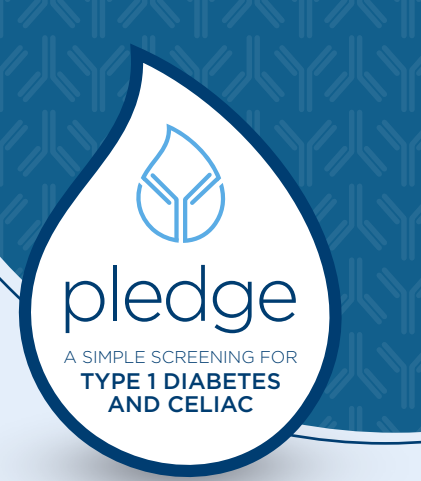


**POOR  
WEIGHT GAIN  
OR GROWTH**

## Take the PLEDGE

Sanford Health would like to invite your child to participate in the PLEDGE screening study. We hope to learn better ways to identify and predict which children may be at risk of developing type 1 diabetes (T1D) and CD and intervene early to prevent serious illness.

Visit [sanfordhealth.org/PLEDGE](https://sanfordhealth.org/PLEDGE) or call (877) 878-4825 to join the study or learn more.



## Terms to know

### Immune system

The body's defense against outside infections and germs, protecting you to keep you healthy.

### Antibodies

Protective proteins made by the immune system that attack and destroy harmful substances.

### Autoantibodies

Antibodies that target healthy parts of the body. Autoantibodies can be an early sign of celiac disease.

### Autoimmune disease

A condition where the body's own immune system attacks itself and produces autoantibodies.

### Gluten

A family of proteins found in wheat, rye and barley.

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