

# Screening for Celiac Disease - Symptoms Checklist

*This screening tool is intended to help you in documenting your symptoms, advocating for your health needs and following up your physician. It is not meant to be a tool for self-diagnosis. Proper screening and testing should be done in consultation with your physician.*

## Symptoms of Celiac Disease **MAY** include the following:

| SYMPTOMS                                 | ALWAYS                | ALMOST ALWAYS         | SOME-TIMES            | ALMOST NEVER          | NEVER                 | HAS A FAMILY MEMBER           |
|--|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-------------------------------|
|  |                       |                       |                       |                       |                       | EXPERIENCED SIMILAR SYMPTOMS? |
| Iron, folate and Vitamin B-12 Deficiency | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         |
| A,D,E,K Vitamin Deficiencies             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         |
| Chronic Fatigue and Weakness             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         |
| Abdominal Pain                           | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         |
| Bloating and Gas                         | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         |
| Indigestion / Reflux                     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         |
| Nausea                                   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         |
| Vomiting                                 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         |
| Recurrent/Persistent Diarrhea            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         |
| Constipation                             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         |
| Lactose Intolerance                      | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         |
| Weight Loss / Weight Gain                | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         |
| Bone/Joint Pain                          | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         |
| Easy Bruising of the Skin                | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         |
| Edema (swelling) of Hands and Feet       | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         |
| Migraine Headaches                       | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         |
| Depression                               | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         |
| Mouth Ulcers (canker sores)              | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         |
| Menstrual Irregularities                 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         |
| Infertility (women and men)              | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         |
| Recurrent Miscarriages                   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         |
| Elevated Liver Enzymes                   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         |
| Irritability/Behaviour Changes           | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         |



### **NOTES TO REMEMBER:**

Symptoms can occur singly or in combination.

Celiac Disease can occur at any age.

Celiac Disease is **GENETIC**.

Celiac Disease may not have been diagnosed in the family yet.

The only treatment for Celiac Disease is a **STRICT GLUTEN-FREE DIET FOR LIFE.**

**SYMPTOMS AND RISK FACTORS WILL VARY FROM PERSON TO PERSON. THIS IS WHY SCREENING SHOULD STILL BE DONE.**

## Additional Symptoms in Children

| SYMPTOMS                         | YES                   | NO                    | UNSURE                | COMMENTS |
|----------------------------------|-----------------------|-----------------------|-----------------------|----------|
| Vomiting                         | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |          |
| Irritability/Behavioural Changes | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |          |
| Delayed Growth or Puberty        | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |          |
| Learning Problems                | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |          |
| Dental Enamel Abnormalities      | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |          |
| Failure to Thrive (in infants)   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |          |

## Have you ever been diagnosed with the following?

| ILLNESS                        | YES                   | NO                    | UNSURE                | HAS A FAMILY MEMBER EXPERIENCED THE ILLNESS? |
|--------------------------------|-----------------------|-----------------------|-----------------------|--|
| Celiac Disease                 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>                        |
| Type 1 Diabetes                | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>                        |
| Chronic Fatigue Syndrome       | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>                        |
| Fibromyalgia                   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>                        |
| IBS - Irritable Bowel Syndrome | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>                        |
| Eczema and/or Rash             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>                        |
| Thyroid Disease                | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>                        |
| Dermatitis Herpetiformis       | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>                        |
| Osteoporosis / Osteopenia      | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>                        |
| Sjogren's Syndrome             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>                        |
| Peripheral Neuropathy          | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>                        |
| Other Autoimmune Diseases      | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>                        |
| Down Syndrome                  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>                        |
| Turner Syndrome                | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>                        |
| Lymphoma                       | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>                        |
| Rheumatoid Arthritis           | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>                        |
| Addison's Disease              | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>                        |

## Next Steps - SEE YOUR FAMILY PHYSICIAN

|                                |                       |
|--------------------------------|-----------------------|
| Test for Anemia                | <input type="radio"/> |
| Vitamin Screen                 | <input type="radio"/> |
| IgA level with ATTG screening  | <input type="radio"/> |
| Bone Mineral Density Test      | <input type="radio"/> |
| Intestinal Biopsy              | <input type="radio"/> |
| Make an appt. with a Dietitian | <input type="radio"/> |

**\* A GLUTEN-FREE DIET SHOULD NOT BE STARTED BEFORE A BLOOD TEST AND BIOPSY HAVE BEEN COMPLETED, since it can interfere with making an accurate diagnosis.**