

A man with light brown hair, wearing a light blue and white striped dress shirt and a red tie, is sitting in a bed. He is looking down at a silver laptop computer that is open on his lap. He is barefoot. The room is dimly lit, with a lamp visible on the left side of the frame. The background is a plain, light-colored wall.

He's online day and night.  
**Couldn't at least the  
abdominal pain  
take a break?**

**His blood knows more.**

Your lab can provide you with answers.

A specific diagnosis for non-specific symptoms.

## A possible cause: Celiac disease – even in adults!

Michael F., 37 years old, IT specialist,  
multiple visits to his family doctor ...

**Complaints** fatigue, low spirits, strong urge to defecate,  
and bulky bowel movements

**Suspected** celiac disease, differential diagnosis irritable  
bowel syndrome

**Procedures/  
Laboratory  
Diagnostics**

- Complete blood count /check of electrolytes
- Thyroid function test
- Celiac serology

**Result** **Positive celiac serology in otherwise  
normal lab findings**

**Treatment**

- Further evaluation by a specialist
- Diet and nutrition counseling
- Start of a gluten-free diet

**Results after 6-8  
weeks of dieting**

- **Cessation of abdominal symptoms**
- **Increased energy, improved mood  
and motivation**



## Unspecific gastrointestinal distress – **determine the cause quickly and effectively**

Does your patient repeatedly complain about one or more of the following symptoms?

- **Abdominal pain or cramps**
- **Indigestion**
- **Diarrhea**
- **Flatulence**
- **Nausea, vomiting**
- **Possibly accompanied by fatigue or exhaustion**

There are so many possible causes – **lab diagnostics can help to promptly bring some light into the darkness!**

A man with light brown hair, wearing a light blue and white striped dress shirt and a red tie, is sitting at a desk and looking down at a laptop. The room is dimly lit, with a lamp visible on the right side of the frame. The background is a plain, light-colored wall.

The average time from onset symptoms to making a diagnosis of celiac disease is up to

**11 years<sup>2</sup>**

## In adults, celiac disease often takes years to diagnose

Often there are only **unspecific gastrointestinal symptoms** instead of the complete clinical picture of the disease that has been described in children.<sup>1</sup>

More common than one would think: roughly

**one out of 100** of your patients  
has celiac disease<sup>4</sup>

- Only one out of every 8 patients with celiac disease is currently diagnosed<sup>3</sup>
- Up to 36% of patients who have been diagnosed with irritable bowel syndrome are actually suffering from undetected celiac disease<sup>5</sup>

After initiating a gluten-free diet, **77% of patients have a rapidly and markedly improved quality of life.**<sup>5</sup>

**Don't waste time – test early for celiac disease!**

**This information was provided to you by:**

Should you have any questions, please feel free to contact us at any time at the above address.

**References:** 1. Murray JA, et al.: Clin Gastroenterol Hepatol. 2003;Jan;1(1):19-27. 2. Green PHR, et al.: Am J Gastroenterol. 2001;96(1):126-131. 3. Riewers M GASTROENTEROLOGY 2005;128:S47-S51). 4. Choi JM, et al.: Reprod Med. 2011 May-Jun;56(5-6):199-203. 5. Green PHR, et al.: Am J Gastroenterol. 2001;96(1):126-131.