

CELIAC DISEASE

Symptoms

There are many different symptoms of celiac disease. Below are a few more common symptoms, though there are many more.

People with celiac disease may have one, some or none of these symptoms. Having the symptoms below does not mean you have celiac disease, just as **some patients with the disease may not show any symptoms.**

- Gas, belly bloating and pain that doesn't go away.
- Diarrhea (loose stool) or constipation (hard stool or trouble passing stool) that doesn't go away.
- Pale, foul-smelling or fatty stool.
- Weight loss or weight gain.
- Tiredness or low energy levels.
- Changes in behavior; irritability in children.
- Tingling or numbness in the legs (from nerve damage).
- Bone or joint pain.
- Muscle cramps.
- Delayed growth in children.
- Pale sores inside the mouth.
- Itchy skin rash.
- Brain fog.

If you think you may have celiac disease, do not get rid of gluten from your diet until your doctor has tested you. It is important to talk with your doctor about options and discover the cause of your symptoms.



The information provided by the AGA Institute is not medical advice and should not be considered a replacement for seeing a medical professional.

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