



DOCTOR DISCUSSION GUIDE

# Managing Celiac Disease

If you're dealing with celiac disease, it's crucial to make the most of your time with your physician. Asking the right questions during your conversation will help you know what to expect and how to better navigate your condition. Familiarize yourself with these common terms before your appointment to help facilitate your discussion.

## Vocabulary to Know

Your doctor might mention these common terms. Here's what they mean.

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<b>Gluten</b>	A general name for proteins naturally present in wheat, barley, rye, and triticale. Most often found in foods like bread, pasta, and baked goods, gluten may appear in less obvious foods like soups, salad dressings, sauces, pickles, beer, and oats, and in dietary supplements, medications, toothpaste, and personal-care products (such as skin-care items and lip balms).
<b>Villi</b>	Tiny, finger-like protrusions that line your small intestine and increase the surface area of tissue available to absorb nutrients. In celiac disease, inflammation damages the villi and eventually flattens them out. This flattening results in poor absorption of nutrients.
<b>Marsh Type</b>	A classification of the intestinal changes as seen under a microscope after a small intestine biopsy. A Marsh type of 0 indicates that there are no changes to your villi, while a Marsh type of 4 indicates the most advanced changes.
<b>Dermatitis Herpetiformis</b>	A skin rash known to affect about 10 to 15 percent of people with celiac disease. Typically appearing on the elbows, knees, buttocks, back, and/or scalp, the rash is red, raised, and often itchy and blistering.
<b>Silent Celiac Disease</b>	A form of celiac disease in which people experience no symptoms, despite significant changes to the villi. This condition is also known as "asymptomatic celiac disease."
<b>Refractory Celiac Disease</b>	A form of celiac disease in which your body fails to properly absorb nutrients, even though you've been sticking to a strict gluten-free diet. A rare condition marked by severe intestinal changes, it may be managed with therapies such as medication and by nutrients administered through an IV.
<b>Upper Gastrointestinal Endoscopy</b>	A medical procedure that involves using a thin, flexible, camera-equipped tube (called an endoscope or "scope") to view the lining of your upper gastrointestinal tract. The tip of the scope is inserted in the mouth and guided down the throat to the upper gastrointestinal tract. Often used to assess intestinal changes in people with celiac disease, this procedure is also referred to as "upper GI endoscopy."

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