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Summary

VARIABLE PRESENTATIONS OF CELIAC DISEASE & SOCIAL IMPLICATIONS OF CELIAC DISEASE, DATA FROM DEVELOPING COUNTRY

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A cross-sectional study of 340 Pakistani adults with celiac disease found varied clinical presentations, with 86.8% reporting symptom resolution on a gluten-free diet, though availability and financial constraints posed adherence challenges.

KEY POINTS

- Diarrhea was the most common intestinal symptom (46.8%), followed by abdominal pain or bloating (44.7%), while anemia was the most frequent extra-intestinal feature (51.5%).
- Serology was the most commonly used diagnostic modality (62.9%), and 86.8% of patients reported symptom resolution with a gluten-free diet, a statistically significant association.
- Patients with abdominal pain or bloating were significantly more likely to report symptom improvement on a gluten-free diet.
- Barriers to gluten-free diet adherence included availability issues (37.5%), financial constraints (25%), and social challenges (19.2%), with compliance and cross-contamination also reported.
- This study addresses a knowledge gap regarding celiac disease presentation in Pakistani adults and may inform clinicians managing celiac disease in resource-limited settings.

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