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Summary

POTENTIAL COEALIC DISEASE (PCD) IN ADULTS: CLINICAL PRESENTATION AND OUTCOMES

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In a retrospective cohort of 34 adult patients with potential coeliac disease followed for a median of 4 years, 24% progressed to biopsy-proven coeliac disease after approximately 3 years, while 59% remained on a gluten-containing diet with clinical follow-up.

KEY POINTS

- Eight of 34 patients (24%) with potential coeliac disease progressed to histologically confirmed coeliac disease (Marsh >3) after 2.95 ± 2.84 years from initial presentation.
- At baseline, all patients had positive anti-tissue transglutaminase antibodies (median 2.5 times upper limit of normal), positive endomysial antibodies in 27 of 34 patients, and Marsh 0-1 histology on gluten-containing diet.
- Twenty patients (59%) continued a gluten-containing diet with regular serological and endoscopic follow-up, with 60% showing spontaneous symptom resolution or reduction without progression to villous atrophy over 3.79 ± 2.71 years.
- Six patients elected to start a gluten-free diet despite absence of villous atrophy, with 83% (5 of 6) reporting symptom improvement, suggesting a trial of gluten-free diet may be considered in symptomatic patients.
- This study addresses a knowledge gap in adult potential coeliac disease management, providing outcome data relevant to gastroenterologists counseling patients with positive serology but no villous atrophy.

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