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Summary

THE VIRTUAL CELIAC SYMPTOMS STUDY: REPORTED SYMPTOMS OVER 12 WEEKS IN ADULTS

Daniel Leffler

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A 12-week prospective observational study of 338 adults with celiac disease on a gluten-free diet found that nearly all participants experienced gastrointestinal symptoms frequently, with bloating and abdominal pain occurring on over half of follow-up days.

KEY POINTS

- All 338 adult participants reported at least one gastrointestinal symptom during the 12-week follow-up period despite adherence to a gluten-free diet, with bloating occurring in 98.5% of participants, abdominal pain in 99.1%, diarrhea in 95.0%, nausea in 94.4%, and vomiting in 42.0%.
- Among adults who experienced bloating or abdominal pain, these symptoms occurred on more than 50% of follow-up days, while diarrhea and nausea occurred on more than 30% of days among those who experienced them.
- At baseline, 58% of adult participants reported celiac disease-related symptoms in the past week, and 21% reported never eating gluten accidentally or on purpose while 71% reported rarely eating gluten accidentally.
- The authors suggest that gastrointestinal symptoms such as diarrhea, nausea, bloating and abdominal pain may be appropriate endpoints for clinical trials of potential celiac disease therapies and highlight an unmet need for additional treatments beyond a gluten-free diet.

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