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Summary

NO-BIOPSY DIAGNOSIS OF COELIAC DISEASE IN ADULTS: IMPLEMENTATION AND PATIENT PERCEPTIONS

Katri Kaukinen

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One-third of Finnish adult coeliac disease patients were diagnosed without biopsy following 2018 national guidelines, but these patients reported more persistent symptoms and dietary stress than those diagnosed with biopsy.

KEY POINTS

- Among 194 adult coeliac disease patients diagnosed after 2018, 69 (36%) were diagnosed without duodenal biopsy using serology criteria (transglutaminase antibodies >10x upper limit of normal and positive endomysial antibodies).
- No-biopsy patients were younger (median 44 vs. 52 years), diagnosed more often in primary care (89% vs. 65%), and found the diagnostic process easier (49% vs. 30%).
- No-biopsy patients reported more persistent symptoms after diagnosis (36% vs. 21%) and more stress due to gluten-free diet (68% vs. 47%).
- No-biopsy patients were more often informed of their diagnosis by non-physician healthcare professionals (14% vs. 4%), which may mediate the increased symptoms and dietary stress.
- The findings suggest that adequate guidance at diagnosis should be provided regardless of diagnostic method or healthcare setting.

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