Summary: How to make and not miss the diagnosis: Coeliac disease across the spectrum

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This closing summary of a coeliac disease session reviewed current diagnostic challenges and future treatment prospects, emphasizing the need for proper testing before gluten-free diets and the anticipated transformation when pharmaceutical trials advance.

KEY POINTS

- The speaker stated that most coeliac disease develops in childhood, with approximately 20% developing in adulthood, and screening has good arguments but timing and methods remain debated.
- Correct testing requires transglutaminase antibodies, and the speaker emphasized testing before starting gluten-free diets, with strongly positive results warranting diagnosis by a gastroenterologist per European and British guidelines.
- For complicated cases including seronegative coeliac disease, the speaker recommended consultation with pathologists and national experts who run specialized clinics.
- The speaker stated there are currently no drugs available and no phase three trials, but expressed hope that pharmaceutical industry involvement will soon transform the clinical landscape of diagnosis, follow-up, and treatment.
- The speaker disclosed representing the European Society for Study of Coeliac Intestinal Disorders, which offers free membership and runs monthly case review sessions for complicated enteropathy cases.

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