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Summary

SEROLOGY AND MUCOSAL PATHOLOGY AT DIAGNOSIS, AND MUCOSAL HEALING IN CELIAC DISEASE

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A community-based cohort study of 138 patients with coeliac disease in Norway found that 77% achieved mucosal healing at one year with standardized follow-up including dietician consultation and financial support for gluten-free diet.

KEY POINTS

- Among 138 newly diagnosed coeliac disease patients, only 2 were seronegative for both IgA-TG2 and IgG-DGP, indicating that dual serological testing minimizes seronegative cases
- At one-year follow-up, 80 of 104 patients (77%) achieved mucosal healing (Marsh 0 or 1), with 19 showing improvement but persistent mucosal damage
- Of patients without mucosal healing at one year, 6 of 9 who received an additional year of follow-up achieved recovery, leaving only 3 classified as non-responsive coeliac disease
- All diagnosed patients received consultation with a clinical dietician, 12-month follow-up endoscopy, and monthly financial reimbursement of approximately EUR 66 for gluten-free diet costs
- This material would be most relevant to gastroenterologists managing newly diagnosed coeliac disease patients and those interested in serological diagnostic strategies

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