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Summary

GLUTEN HEPATITIS: A CASE OF AN IDIOPATHIC RISE IN LIVER ENZYMES AND THEIR NORMALIZATION ON A GLUTEN FREE DIET

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A case report describes the first documented association between non-celiac gluten wheat sensitivity and persistently elevated liver transaminases that normalized with a gluten-free diet.

KEY POINTS

- The patient presented with altered bowel habits, migraines, and persistently elevated ALT and AST since childhood, with normal gamma GT, alkaline phosphatase, and bilirubin.
- Extensive workup excluded viral hepatitis, autoimmune hepatitis, metabolic liver disease, and celiac disease; imaging and elastography were normal.
- Testing revealed elevated native IgG anti-gliadin above 100 U/ml and elevated serum zonulin at 47.4 ng/ml (upper limit of normal less than 38), leading to a diagnosis of non-celiac gluten wheat sensitivity following Salerno criteria.
- A gluten-free diet normalized bowel habits, migraines, and liver enzyme levels.
- The authors hypothesize that gut barrier dysfunction may lead to translocation of toxins and antigens to the liver, but note the pathogenesis remains unclear and further evidence is needed.

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