

Mistakes in coeliac disease diagnosis and how to avoid them

Roberto De Giorgio

Mistakes In Articles

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Coeliac disease is an autoimmune disorder triggered by gluten in genetically predisposed individuals, with a worldwide prevalence of 1%, though most patients remain undiagnosed despite available biomarkers.

KEY POINTS

- Small intestinal biopsy remains the gold standard for coeliac disease diagnosis.
- The disease is linked to HLA DQ2 and DQ8 haplotypes and involves an immune reaction against tissue transglutaminase (TG2).
- Biomarkers including endomysial antibodies and anti-TG2 antibodies have changed coeliac disease from a rare to a frequent condition.
- Symptoms vary widely between patients, and the majority of those with coeliac disease remain undiagnosed.
- Delayed diagnosis in the elderly is a risk factor for complications, and complicated coeliac disease carries a very poor prognosis with low 5-year survival.

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