

LOW-DOSE GLUTEN CHALLENGE BY USING “CRACKERS” IN SUBJECTS WITH DOUBT CELIAC DISEASE OF ADULTS

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A pilot study tested a low-dose gluten challenge using crackers (60-120 mg gluten daily for 3 months) in 120 adults with suspected celiac disease who had self-initiated a gluten-free diet before diagnostic workup.

KEY POINTS

- Of 120 DQ2/DQ8-positive patients who completed the 3-month cracker challenge, 54 patients (45%) developed serological positivity for celiac antibodies, and 47 of those showed villous atrophy on histology.
- The remaining 66 patients showed no serological changes after extending the challenge to 6 months and were considered not to have celiac disease.
- Patient satisfaction was high, with 83% reporting they were satisfied and reassured by this approach.
- Adverse events were mild and included bloating in 12%, mild pain in 10%, and mild diarrhea in 6% of participants.
- The authors conclude this low-dose gluten challenge may be a simple and safe alternative for diagnosing celiac disease in patients who refuse the standard 14-day high-dose gluten challenge.

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