

FATIGUE IN CELIAC DISEASE – A PROSPECTIVE STUDY ON THE LONG-TERM EFFECT OF A GLUTEN FREE DIET

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UEG Week Berlin 2025

Poster

Small Intestine & Nutrition

October 6, 2025

A prospective study of 45 newly diagnosed celiac disease patients found that fatigue severity decreased significantly after five to seven years on a gluten free diet, though fatigue remained a frequent complaint in 27-31% of patients.

KEY POINTS

- Fatigue severity measured by three validated scales (FSS, fVAS, SF-36 Vitality subscale) was significantly reduced from diagnosis to five to seven years on a gluten free diet, with prevalence decreasing from 40-53% to 27-31%.
- Patients with good dietary adherence according to the Celiac Diet Adherence Test had significantly lower fatigue than those with poor adherence, but urinary gluten immunogenic peptides did not show this association.
- Lower fatigue was associated with clinical remission according to the Celiac Symptom Index but was not associated with autoantibodies, histologic changes, or nutritional status markers.
- In multiple regression analysis, depression was the only independent variable significantly associated with all three fatigue measures at five to seven years, with pain also associated with one measure.
- This single-center prospective study may be of interest to gastroenterologists managing celiac disease patients who report persistent fatigue despite dietary treatment.

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