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Summary

INVESTIGATION OF BODY COMPOSITION PARAMETERS IN PATIENTS WITH CELIAC DISEASE ON A GLUTEN-FREE DIET. PROSPECTIVE, MULTICENTER, CASE-CONTROL STUDY (ARCTIC STUDY)

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The ARCTIC study found that celiac disease patients on a gluten-free diet for at least 1 year had significantly more hepatic steatosis and lower total cholesterol than healthy controls, though body composition differences were not statistically significant.

KEY POINTS

- 97 celiac patients (mean age 36.2 years) on gluten-free diet for at least 1 year were compared with 47 healthy controls using body composition analysis and blood lipid measurements.
- Celiac patients had significantly more hepatic steatosis than controls (p=0.012), with 83% of affected celiac patients meeting MASLD criteria versus 60% of affected controls.
- Mean total cholesterol was significantly lower in celiac patients (p=0.043), while body composition parameters (BMI, skeletal muscle mass, percent body fat, visceral fat area) trended less favorably but were not statistically significant.
- Among celiac patients, 36% were overweight or obese, suggesting the problem is not malabsorption but rather metabolic changes related to the gluten-free diet composition.
- The findings suggest preventing cardiovascular and metabolic complications represents a new challenge in celiac disease patient care.

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