

Mayo Clinic Minute: Celiac disease in the family

Video	Audio
	If one member of a family has celiac disease, there is a likelihood other member will be affected, as well, says Dr. Joseph Murray, a Mayo Clinic gastroenterologist
Joseph Murray, M.D. Gastroenterology Mayo Clinic	"Family members who have somebody in a family with celiac disease are much more likely to have celiac disease than the general population."
	Gluten, a protein in wheat, barley and rye, can cause damage in the intestine for those with celiac disease. Common symptoms include ...
	"... abdominal pain, diarrhea, bloating, excess gas, fatigue, anemia, vitamin deficiencies. Everything from vitamin B12, vitamin D deficiency can be quite common."
	Dr. Murray says because of the genetic component, family members should consider being screened.
	"You can do a blood test, and the blood test, if it's positive, indicates a likelihood of celiac disease."
	Avoiding gluten is the only treatment. It can be found in many products both obvious and not.
	"It's in the pastas, the bread, the pizza, but also sauces, marinades, flavor additives."
	If you have symptoms and think you might have celiac disease, Dr. Murray says to get tested before changing your diet.
	For the Mayo Clinic News Network, I'm Joel Streed.