



## COELIAC DISEASE IN CHILDREN

Coeliac disease is a common and lifelong autoimmune condition of the small bowel, caused by a reaction to gluten – a protein found in wheat, barley and rye. It can occur at any age, including in babies when weaning, children and adolescents.

### Heightened Risk...



Family history



HLA-DQ2 or HLA-DQ8 gene



Type 1 diabetes



Thyroid problems



Down's syndrome

### Symptoms of Coeliac Disease in Children



Diarrhoea or constipation



Recurrent abdominal pain and bloating



Recurrent vomiting



Tiredness and irritability



Iron, vitamin B12 or folic acid deficiency



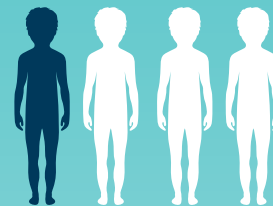
Growth problems

100

1 in 100 children are estimated to suffer from coeliac disease across Europe



Children have a 1 in 10 chance of developing coeliac disease if a first-degree relative is diagnosed



Up to 80% of paediatric coeliac disease cases remain undiagnosed throughout Europe



The only treatment for coeliac disease is to follow a lifelong gluten free diet

### References

<http://www.aoecs.org/>  
<https://www.ueg.eu/home/>  
<https://www.coeliac.org.uk/home/>

This infographic was produced by the ESPGHAN Public Affairs Committee, the ESPGHAN Coeliac Disease Special Interest Group and the Association Of European Coeliac Societies.