

YOUR PATH TO BETTER HEALTH  
IDENTIFYING THE  
SYMPTOMS BEHIND YOUR  
GASTRIC DISTRESS AND  
GLUTEN SENSITIVITY





## **How Common are Gastrointestinal (GI) Conditions?**

More than 3.6 million Americans present symptoms related to the digestive system each year. Many people who suffer from symptoms related to digestive disorders, including constipation, bloating, reflux, nausea, vomiting, diarrhea, and abdominal pain, are not diagnosed for a long period of time.

## **What common digestive diseases are related to these symptoms?**

The symptoms overlap a wide range of diseases, and potential causes of GI problems range from gastritis, food allergies, non-celiac gluten sensitivity and celiac disease.

## **What Causes Gastritis?**

One of the main causes of gastritis is from *Helicobacter pylori* infection, which is associated with excess acid production. Infection can lead to heartburn and stomach ulcers. If diagnosed, your physician may prescribe antibiotics or other medications.

## **What is Celiac Disease?**

Celiac disease is an autoimmune disorder occurring in children and adults. It is triggered by consumption of gluten, which is a protein found in wheat, barley and rye. When people with celiac disease eat foods containing gluten, the small intestine may lose the ability to absorb nutrients, which can lead to bloating, diarrhea, and other gastrointestinal symptoms.

## **What are the Risks of Celiac Disease?**

People with celiac disease are at risk for other autoimmune diseases, osteoporosis, thyroid disease, and as well as malnourishment.



## **What is Non-Celiac Gluten Sensitivity?**

Gluten sensitivity is when individuals who cannot tolerate gluten and experience symptoms similar to those with celiac disease yet lack the same antibodies and intestinal damage as seen in celiac disease. Research estimates that 18 million Americans have non-Celiac gluten sensitivity.

## **What is the Path to Discovering the Cause of my GI condition?**

There are no there are no specific tests for diagnosing gastric distress and non-celiac gluten sensitivity. The path to diagnosing these conditions consists of a comprehensive test that identifies key allergic and autoimmune conditions that may be the cause of your unexplained symptoms. The test can confirm the presence of antibodies in commonly associated conditions that could be the cause of your gastric distress or gluten sensitivity, including the common markers of celiac disease and food allergies.

## **When Should I Get Tested?**

Patients experiencing gastric distress or gluten sensitivity symptoms usually turn to over-the-counter remedies first, such as experimenting with antacids or heartburn medications. Should those fail, a visit to your primary care physician typically results in a trial of medication and perhaps advice regarding dietary choices. If symptoms persist and a diagnosis cannot be made, you may wish to discuss diagnostic testing using the BioReference Gastric Distress Profile with your doctor.

## **What Happens if I Test Positive for One of the Diseases?**

Your physician will receive a detailed results report. Based on your specific results, he or she may recommend medications or lifestyle changes to control certain risk factors, or recommend seeing a specialist to treat your condition.

## HOW MUCH DOES THIS TEST COST?

Coverage depends on your insurance company. For those who do not have insurance or want to pay out of pocket, BioReference offers the test at a very affordable price through our Community Health Advocacy Program. Ask your physician's office for more information.

### Did You Know?

- The onset of celiac disease typically occurs either between the ages of 6 months and 2 years, after gluten has been introduced into the diet, or between ages 20 and 40 years.
- Nearly 25% of Americans suffer from adverse food reactions that can lead to prolonged gastric distress.
- Approximately 2% to 4% of adults and 4% to 8% of children have food allergies.
- More than 3.6 million Americans visit their primary care doctors seeking relief from digestive problems each year.

### Where Can I Find More Information?

American Academy of Allergy Asthma & Immunology:

[www.aaaai.org/home.aspx](http://www.aaaai.org/home.aspx)

National Foundation For Celiac Awareness:

[www.celiaccentral.org/](http://www.celiaccentral.org/)

Beyond Celiac

<https://www.beyondceliac.org/>

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