Celiac disease is an autoimmune disorder that affects nearly one in every hundred people. Unfortunately, 97 percent remain undiagnosed and untreated. To find out if you may have this very common disease, complete the following health questionnaire:

Section1: Symptoms

Check each of the symptoms that you have experienced at least once a week during the past three months:

_____Bloating

_____Gas and/or stomach cramping

_____Diarrhea or runny stools

_____Constipation

_____Joint pain

_____Numbness or tingling in your extremities

_____Itchy skin lesions

_____Constant unexplained fatigue

_____Frequent headaches or migraines

Section II: Diagnosis

Check if you have had or been diagnosed with any of the following

_____Irritable bowel syndrome

_____Eczema or unexplained contact dermatitis

_____Fibromyalgia

_____Chronic fatigue syndrome

_____Nervous stomach (non-ulcer dyspepsia)

Section III: Associated Illnesses

Check if you have any of the following:

_____Lactose intolerance

_____Osteopenia and/or osteoporosis

_____Autoimmune disorders

     Thyroid disease(hypo/hyper)

     Diabetes mellitus (Type I)

     Sjogren's syndrome

     Chronic liver disease

_____An immediate family member with an autoimmune condition

_____Peripheral neuropathy

_____Non-Hodgkin's lymphoma

_____Small intestinal cancer

_____Psychiatric disorders or depression

_____Anemia (iron deficiency)

_____Infertility

Scoring: If you have checked one or more line in either Section I or II and have any of the Illness in Section III (especially males or women under forty-five with osteopenia and/or osteoporosis). You should consider testing for celiac disease. If you have checks in all three sections, you and your doctor(s) should definitely explore a diagnosis of celiac disease.

All of the symptoms in Section I, all of the diagnoses in Section II, and all of the associated illnesses in Section III are intimately related to celiac disease.

Reference: Green, Peter H. R., M.D., Jones, Rory, *Celiac Disease*, *A Hidden Epidemic*, HarperCollins Publishers, New York, NY