

# Celiac Disease: Signs and Symptoms Checklist



This toolkit is intended to support the health of adults with Down syndrome directly or through their caregivers. We encourage this tool to be shared with your medical provider. Per the GLOBAL Medical Care Guidelines for Adults with Down Syndrome, people with Down syndrome should be assessed annually for gastrointestinal and nongastrointestinal symptoms of celiac disease by close review of medical history and physical exam. Many of the gastrointestinal and nongastrointestinal symptoms of celiac disease are listed below. Caregivers and family members should review this from time to time and record the first date that symptoms are noticed. This toolkit should be reviewed with a medical provider as soon as possible as part of the medical history review.

Date of First Symptom(s)	Symptoms
	<b>Constitutional</b>
	Unexpected weight loss or gain
	Difficulty sleeping or restless sleep
	New or worsening of fatigue
	Looking pale (“onset of pallor”)
	<b>Gastrointestinal</b>
	Loose stool and/or diarrhea (frequent, watery stools)
	Constipation (infrequent, hard stools)
	Abdominal discomfort (pain/tenderness, bloating/distention)
	Passing gas more than in the past
	Belching/burping to relieve discomfort
	Acid reflux/heartburn
	Mouth sores, ulcers, and/or canker sores
	<b>Psychological</b>
	New or worsening depression or moodiness
	Change in personality/behavior
	<b>Pulmonary</b>
	Increased cough or swallowing food or liquids into the lungs (choking spells)
	<b>Hematological</b>
	Anemia – Iron, Vitamin B12/folic acid deficiency
	<b>Dermatological</b>
	Dry skin or “doughy” skin, or loss of hair in eyebrows
	Very itchy rash (tiny blister-like with some surrounding redness)
	<b>Immune/Autoimmune</b>
	Enlarged thyroid
	Swollen, red, warm, and/or tender joints
	Alopecia (loss of hair on scalp and/or body)
	Other signs of other autoimmune diseases (for example: rheumatoid arthritis, Type 1 diabetes)
	<b>Neurological</b>
	New onset of seizures or change in seizures
	Development of mental “fog” (including forgetfulness or feeling “out of sorts”)
	Increased difficulty in remaining on task
	<b>Musculoskeletal</b>
	Muscle cramps/aches

*This toolkit is not intended to be diagnostic. Presentation of medical or mental health conditions for people with Down syndrome may be atypical. Similar signs and symptoms may be a consequence of multiple reasons, including different disease processes. Thus, the patient evaluation should include considerations of additional causes for any detected sign or symptom. The development of new and/or changes in signs or symptoms should prompt a comprehensive evaluation with your medical provider.*