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Celiac disease: Diagnostic dilemma

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Celiac disease, an autoimmune disorders, occurs in genetically susceptible individuals and is triggered by the ingestion of a well-identified autoantigen- gluten. It affects primarily the small intestine, where it progressively leads to flattening of small intestinal mucosa. Three cereals contain gluten and are toxic for Celiac patients – wheat, rye and barley. It occurs more commonly in relatives of celiac patients and some at risk groups. It causes gastrointestinal symptoms, predominantly chronic diarrhoea with wastings, but also many extra-intestinal manifestations can be present alone. Suspected patient should be screened with transglutaminase + total serum IgA and if positive, confirmed by biopsy before the gluten-free diet is started. A gluten free diet typically reverses all signs and

symptoms within a short time. Monitoring of the patient to verify ongoing dietetic compliance is fundamental in order to ensure that all possible complications, including malignancies, are avoided.

Speaker Biography

Bharat Parmar has completed M.D (Paediatrics) From Gujarat University Ahmedabad Gujarat India. He is working as a Professor and Head of Paediatrics Department at ZYDUS Medical college Civil hospital. He has completed 25 teaching experience in B.J Medical College Ahmedabad, Gujarat India. He has published 15 research paper in national and international journal. Recently one publication cited in Science Direct and Pub Med. He has been serving as an editorial board member of reputed Journal.

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