

Panel: Symptoms should trigger celiac testing

By Rebecca Hersher, NPR

Celiac disease, the autoimmune disorder that prevents people from digesting gluten, affects about 1 percent of the population.

But there's not enough evidence to recommend screening everybody to find that 1 percent, an advisory panel said.

In people with celiac disease, eating foods with gluten inflames the lining of the intestine and makes it difficult to absorb nutrients. People who are diagnosed with the condition are told to cut gluten out of their diets entirely, which can be difficult and expensive, even as gluten-free products have become more widely available.

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