

# COELIAC PROFILE (serum)

*The coeliac profile tests IgA and IgG specific antibodies for possible coeliac disease or gluten and gliadin sensitivity. Coeliac disease, also known as coeliac sprue or gluten sensitivity enteropathy, is a chronic autoimmune disease which has a genetic component and may affect several family members. Coeliac is a lifelong condition with no cure, however, it is manageable once diagnosed. Gluten sensitivity does not confirm coeliac disease but coeliac disease confirms gluten sensitivity.*

Coeliac disease is a digestive condition triggered by consumption of the protein gluten which contains gliadin and is found in bread, pasta, and processed carbohydrates.

When a person with coeliac disease eats food containing gluten, an immune reaction occurs in the small intestine, resulting in damage to the surface of the small intestine and an inability to absorb certain nutrients from food. Gluten sensitivity implies that there is an ongoing immune reaction to gluten in the diet, usually detected as antibodies against a sub-protein of gluten called gliadin.

Transglutaminase IgA is used to assess whether the immunologic reaction to gluten has incited the secondary auto-immune reaction to the human enzyme tissue transglutaminase. When this test is positive it means the immune system considers tissue transglutaminase a foreign substance causing an autoimmune reaction that may damage the intestine and other tissues of the body. It is this latter reaction that facilitates the development of secondary autoimmune diseases as a consequence of gluten sensitivity.

Positive test results for gliadin antibodies, IgA or IgG, are consistent with the diagnosis of coeliac disease whereas negative results indicate absence of coeliac disease. A gluten-free diet is recommended in the presence of elevated IgG and IgA antibodies.

## SIGNS AND SYMPTOMS ASSOCIATED WITH COELIAC DISEASE AND GLUTEN SENSITIVITY

Malabsorption	Acid reflux, heartburn
Improper digestion	Fatigue
Abdominal bloating or pain	Joint pains
Diarrhoea or constipation	Mouth ulcers
Infertility	Menstrual irregularities
Anaemia	Weight loss
Parasitic infections	Diabetes
Neurological conditions	Dermatitis herpetiformis

## Gluten

Gluten is a protein contained in the grains wheat, barley, rye and oats. It is a unique protein based on its structure that lends a doughy/elastic consistency to flours derived from these grains. This is why over the centuries, gluten-containing grains have come to be used so extensively in breads and other baked goods.

Gluten-containing grains we eat today are actually domesticated and now genetically hybridised versions of grains our ancestors ate. It is the extensive inflammation and damage in the small intestine that is responsible for the risk of cancer and lymphoma of the small intestine. Autoimmune syndromes occur more commonly the longer a gluten sensitive person eats gluten.

### What is the difference between coeliac sprue and gluten sensitivity?

Gluten sensitivity implies that a person's immune system is intolerant of gluten in the diet and is forming antibodies or displaying some other evidence of an inflammatory reaction. When these reactions cause small intestinal damage visible on a biopsy, the syndrome has been called coeliac sprue, coeliac disease, or gluten sensitive enteropathy.

Factors that differentiate gluten sensitivity to coeliac disease are:

- Atypical intestinal biopsy results
- The presence of associated diseases (such as microscopic colitis) that may mask the expected improvement of symptoms when gluten is withdrawn from the diet,
- Negative tests for gluten antibodies in the midst of suggestive symptoms
- Signs of gluten sensitivity or coeliac sprue
- When there are no symptoms at all

### COELIAC PROFILE (serum) [Test code: 2022]

- ❖ Transglutaminase IgA, Gliadin IgG, Gliadin IgA

### Other gluten sensitivity tests available

- **Zonulin & Gluten Sensitivity Genetic Test [2024]:** Zonulin, HLA-DQB molecular analysis
- **Zonulin (serum) [2023]:** Zonulin
- **Gluten Sensitivity Genetic Test (buccal swab) [2019]:** HLA-DQ molecular analysis
- **Gluten/Antigenic Food Sensitivity (stool) [2021]:** Faecal IgA to gliadin, casein, ovalbumin, soy

### How to order a test kit:

To order a test kit simply request the test name and/or test code on a NutriPATH request form test code and have the patient phone NutriPATH Customer Service on 1300 688 522.



Phone **1300 688 522** for further details  
[www.nutripath.com.au](http://www.nutripath.com.au)