



Possible symptoms of Gluten-Related Disorders

Hundreds of symptoms have been associated with gluten-related disorders.

HEAD

Migraines, headaches, depression, anxiety, epilepsy

HAIR

Thin hair, alopecia

NOSE

Loss of smell

VISION

Bloodshot eyes, blurred vision, cataracts

TEETH

Tooth discoloration or loss of enamel

MOUTH

Sores in mouth, loss of taste, bleeding or swollen gums, geographic tongue

SKIN

Psoriasis, eczema, blistering rash (dermatitis herpetiformis)

JOINTS

Pain in joints

NAILS

Dry, brittle, white spots

STOMACH

Abdominal pain or bloating; chronic diarrhea or constipation; nausea, gastric ulcer, heartburn, lactose intolerance, GERD (gastro esophageal reflux disease)

FOR WOMEN

Unexplained recurrent miscarriage or infertility; interrupted/irregular menstruation; vaginitis

FOR MEN

Impotence, infertility

LEGS

Tingling/numbness

BONES

Low bone density

MUSCLES

Spasms/muscle pain

BLOOD

Vitamin deficiencies, anemia

ASSOCIATED DISEASES

- Thyroid Conditions
- Diabetes
- Addison's Disease
- Autoimmune Chronic Active Hepatitis
- Myasthenia Gravis
- Pernicious Anemia
- Raynaud's Phenomenon
- Scleroderma
- Schizophrenia
- Sjogren's Syndrome
- Systemic Lupus Erythematosus

OTHER SYMPTOMS INCLUDE

- Ataxia
- Asthma
- Chronic fatigue
- Insomnia
- Inflammation
- Tremors
- Weight loss or gain

Reference: University of Chicago Celiac Disease Center

All symptoms apply to both men and women except as noted.

