



What makes a difference in the quality of life of celiacs?

This question was asked in a multicenter study just published: [Casellas F, Rodrigo L](#), et al. Factors that impact health-related quality of life in adults with celiac disease: A multicenter study. [World J Gastroenterol](#). 2008; 14: 46-52.

The study included over 300 adult patients (half on a gluten-free diet – GFD–; half newly diagnosed, on a regular diet). The score for overall quality of life was better in patients on a GFD than in non-treated patients on their usual diet. When examining the role of each factor: being female, not adhering to a GFD, and having symptoms (this one not surprisingly!) were the most important in determining a lower perceived quality of life. Of interest, those who were on a diet had a quality of life identical to that of the control population.

Bottom line: since one cannot avoid being male or female, if you are celiac be sure to follow the diet!! Symptoms will be less, and your life will shine!

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Title:

Factors that impact health-related quality of life in adults with celiac disease: A multicenter study

Source:

http://www.ncbi.nlm.nih.gov/pubmed/18176960?ordinalpos=1&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum

Posted: February 1, 2008