

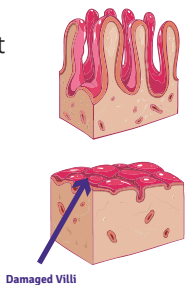
# Celiac Disease

**VS**

# Irritable Bowel Syndrome

(IBS)

A digestive condition that affects the small intestinal tract in the gut. Eating gluten damages the small intestinal villi, which are finger-like projections that capture nutrients from your food.



## What is it?



A functional gut disorder that affects the lower portion of the gastrointestinal tract. There is nothing structurally wrong with the gut, but rather, there's something wrong with how the gut moves and senses digestion.



- weight loss
- iron deficiency
- joint pain
- migraines
- reproductive issues
- osteoporosis
- a skin rash called dermatitis herpetiformis



## Symptoms

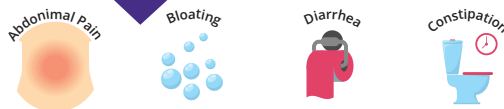


- bloating
- abdominal pain
- changes in bowel habits like constipation, diarrhea, or both.

IBS can be subtyped into:  
**IBS-D** diarrhea dominant  
**IBS-C** constipation dominant  
**IBS-M** mixed - depending on symptoms



IBS and celiac can both present with symptoms such as:



Remove gluten, a protein found in **wheat, barley, and rye, and other variants** from the diet for life – even cross contamination with traces of gluten can trigger symptoms and intestinal damage.



## Treatments

How Diet Plays a Role

To date, **the Low FODMAP diet** is one of the most well-researched diets that shows significant symptom improvement for ~50-80% of those with IBS. FODMAPs are types of carbohydrates that are either poorly absorbed in the intestine, or that ferment in the gut, leading to digestive distress.



Those with IBS following a low FODMAP diet must drastically reduce their intake of **wheat, barley and rye** due to a type of carbohydrate called oligosaccharides. Because of this, some, but not all gluten free foods are low in FODMAPs.

Studies show that celiacs with persistent gut symptoms, despite adherence to a gluten free diet, may benefit from the low FODMAP diet. **If you struggle with ongoing symptoms, speak to your GI or registered dietitian to see if this is an option for you.**

