

Gluten, wheat and FODMAPs: dietary triggers of irritable bowel syndrome and non-coeliac gluten sensitivity – Professor Umberto Volta

Please type your answers below and print for your records or print this document and complete by hand.

Q1	Coeliac disease and non-coeliac gluten sensitivity (NCGS) are two examples of gluten related disorders. What are two other examples?
A	
Q2	NCGS can cause both intestinal and extra-intestinal symptoms. List three extra-intestinal symptoms of NCGS.
A	
Q3	How is NCGS diagnosed? Are there any biomarkers which can be used?
A	
Q4	When confirmed by double blind placebo control trial, in what proportion of people with suspected NCGS achieve a confirmed diagnosis of NCGS?
A	
Q5	Other than gluten, what components of wheat are hypothesised to be involved in NCGS and IBS?
A	
Q6	What are the possible risks of following a low FODMAP diet?
A	

After answering these questions, should you require any further information, please contact us at ruth.passmore@coeliac.org.uk. You can also discuss this further on our HCP forum: www.coeliac.org.uk/hcp-forum.