



coeliacuk
live well **gluten free**

**LIFE'S
ABOUT TO
GET BETTER
AGAIN**



WHY PEOPLE NEED TO LIVE GLUTEN FREE

More people than ever in the UK are living without gluten and, for most, that's because they have coeliac disease or a medical condition which they manage with a gluten free diet.

What is gluten?

Gluten is a protein found in wheat, barley and rye. Some people with coeliac disease may also be sensitive to oats. A gluten free diet is a diet that completely eliminates any foods in which gluten is found.

What is coeliac disease and who has it?

Coeliac (pronounced 'see-liac') disease is a serious illness where the body's immune system attacks its own tissues when you eat gluten. This causes damage to the lining of the gut and means that the body can't properly absorb nutrients from food. Coeliac disease is not an allergy or food intolerance.

Around 1 in 100 people has coeliac disease, but many are living without a diagnosis.

Coeliac disease symptoms

Everyone is different, but if you have coeliac disease the most common symptoms you can get when you eat gluten are:

- stomach pain, frequent bouts of diarrhoea or loose stools
- nausea, feeling sick and vomiting
- lots of gas and bloating
- feeling tired all the time, ongoing fatigue
- anaemia (you would be told if you're anaemic following a blood test)

There is a skin condition linked to coeliac disease, called dermatitis herpetiformis (DH). Symptoms of DH include red raised patches on the skin (often with blisters that burst with scratching) and severe itching and stinging.

Getting diagnosed

If you suffer any of the symptoms mentioned, try our self assessment tool at www.isitcoeliacdisease.org.uk to find out if you should be tested.

If the results are positive they will recommend you speak to your GP for further testing. It is important that you do not cut gluten out of your diet until you get a confirmation of coeliac disease by your GP. Otherwise, you may get an inaccurate test result.

Treating coeliac disease

Today, the only treatment for coeliac disease is a strict gluten free diet. When you take gluten out of your diet, the gut will heal and symptoms can improve. You will need to stick to the diet for life.

Who else we help

As well as those diagnosed with coeliac disease, we provide support to people who use the gluten free diet to manage a medical condition.

Living gluten free – how we can help

A gluten free diet is easier to follow than ever before, and we're working to make it even more so.

HOW WE CAN HELP YOU

For nearly 50 years we've made it our job to know everything about living without gluten. Today, we're here for just one person – you.

Whether you have coeliac disease, or have chosen to follow a gluten free diet for other reasons, we're here to provide independent, trustworthy information and advice. So that you can live well, gluten free.

We're an independent charity, so although we have good links with government and the food industry, we're never influenced by them. Our members matter most.

How we make living gluten free easier



We've been working with food manufacturers and retailers for years to make sure gluten free food is affordable, available and tasty. Look for our Crossed Grain symbol on packaging, our gluten free (GF) logo on menus and our gluten free guarantee (GFG) logo with retailers selling gluten free products.

We also work with the Government and health services to campaign for better diagnosis for people with coeliac disease and dermatitis herpetiformis. And we fund independent research into their causes and treatments.



Join today and get all the support you need

Switching to a gluten free diet can feel overwhelming. The right information can make all the difference. Join Coeliac UK as a member and you'll get the resources and support you need to get on the right track – so that soon, you'll be managing your own diet and condition with confidence. Remember – the information and advice we provide is backed by over 50 years of experience, and relied on by over 60,000 people.

Join today and see how you can live well gluten free



Join Coeliac UK for just £24 per year*

- our Food and Drink Directory of over 20,000 safe foods
- our smartphone apps giving up to date, trusted product info
- expert dietitians on hand
- a database of over 800 tried and tested recipes
- a list of over 6,000 gluten free friendly restaurants, cafes, shops, pubs, bars and other venues
- our Crossed Grain magazine and email newsletters with the latest news, updates and special offers
- support networks to share your experiences with others.

Join online coeliac.org.uk/join

Join on the phone **0333 332 2033**.

How you can make a difference

- We receive no Government funding, so our vital support, information and research couldn't continue without contributions from people like you. To make a donation or find out more about fundraising please contact fundraising@coeliac.org.uk
- Our campaigners play a vital role in raising awareness and driving change and we couldn't do what we do without them. To find out more please contact campaigns@coeliac.org.uk.
- We love our volunteers! They support our work by providing services locally, help in the office and many other ways. To volunteer please contact volunteering@coeliac.org.uk

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Registered office: Coeliac UK,
3rd Floor Apollo Centre, Desborough Road,
High Wycombe, Bucks, HP11 2QW.
Tel: 01494 437278
Fax: 01494 474349

☎ 0333 332 2033
f www.facebook.com/CoeliacUK
t @Coeliac_UK

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www.coeliac.org.uk

* £24 per year individual rate, £30 household rate (for those with more than one member of the household wishing to join) and £12 concessionary rate (for adults or parents and carers of a child under 16 years on a reduced income, for example those registered unemployed, students and those reliant on state pension or benefits).