

£5 MILLION COULD BE LIFE CHANGING

£5 million would allow us to focus on the priorities that our community and healthcare professionals believe give us the best chance of developing life changing solutions for those living with coeliac disease.

Research could help us to recognise the additional triggers for coeliac disease, identify potential new treatment options and, ideally, prevent people from developing the condition. Given the genetic nature of coeliac disease and a 1 in 10 prevalence within families of people diagnosed with the condition, the need for answers takes on a greater urgency for those affected.

And for those already living with coeliac disease – whether diagnosed or undiagnosed – more funding for research gives us a better chance of finding a cure.

HOW YOU CAN HELP

You can change the future for people living with coeliac disease and gluten related conditions.

Do something.

Donate to our Research Fund today.

Visit www.coeliac.org.uk/researchfund

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SUFFERING IS
NOT A CHOICE.
TOGETHER, WE
CAN MAKE
THINGS BETTER.

Support our Research Fund. Help us raise £5 million to change the future for people with coeliac disease and gluten related conditions.

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WHY RESEARCH IS NEEDED NOW

It's hard to appreciate the massive impact that coeliac disease has on people's lives. And as more disturbing new aspects of the disease emerge, it's becoming critical to find answers through research.

Sadly, little has changed since the discovery of the link between coeliac disease and gluten over 60 years ago. Today, sticking to a gluten free diet is still the only treatment – but it doesn't work for everyone.

Some people will have ongoing symptoms and those diagnosed with refractory coeliac disease type II are at an increased risk of certain types of gut cancer. Right now, there is little understanding of how to stop the progression of this form of the disease.

A delay in diagnosis and treatment for those who suffer from neurological conditions as a result of coeliac disease, such as ataxia, peripheral neuropathy and encephalopathy, means that they are much more likely to suffer permanent damage. This can result in symptoms such as loss of balance and coordination, brain fog, tingling and numbness affecting the limbs, and memory and speech issues. For others, the emotional impacts of managing the diet day-to-day can take its toll. And for children, sticking to a strict gluten free diet and fitting in with their peers can be difficult and socially isolating.

We need to do something. Find a more permanent solution to a growing problem. But without research and understanding, the real problem – coeliac disease – isn't going away anytime soon.

COELIAC DISEASE IN THEIR OWN WORDS



HOW GLUTEN ATAXIA CHANGED KERRY'S LIFE

Kerry's life has never been the same since the debilitating symptoms of gluten ataxia – a result of suffering from coeliac disease – took hold. Ataxia causes speech difficulties and loss of control over the right side of her body. A former fitness fanatic, Kerry has been forced to give up her plans to be a massage therapist. For her, a gluten free diet is not enough to help manage her condition.

“ My condition causes involuntary movements, tiredness, headaches and brain fog. In public places I find it embarrassing when my muscles contract and it's obvious to other people around me. I feel like I can't function normally any more. I'm not the person I used to be, even on a gluten free diet. I feel really alone and no one really understands. ”



HINESH – LIVING DAY-TO-DAY WITH COELIAC DISEASE AND TYPE I DIABETES

After managing his Type 1 diabetes for 11 years, 25 year old Hinesh was dealt the double blow two years ago of being diagnosed with coeliac disease. Because of his coeliac disease, his body wasn't absorbing the important nutrients he needed to manage his Type 1 diabetes.

“ When my sugars are low, I need that food but then have to be aware that it has to be gluten free, and to find gluten free products is really hard and usually quite expensive, so to find an item on the go all the time is difficult. ”

RESEARCH HAS ALREADY MADE VITAL DISCOVERIES

Thanks to the £2 million we've injected into research since 2005, our researchers have made some truly ground-breaking discoveries, such as identifying genes associated with coeliac disease and other autoimmune conditions. Or the important discovery made by Dr Bob Anderson, which underpins ongoing work towards a vaccine to restore the immune system's tolerance to gluten.

Daily, we're edging closer to revolutionary diagnosis techniques and treatments. Like Dr Liz Soilleux's potential blood test to screen for coeliac disease, which doesn't need the patient to keep eating gluten in the way that today's tests do.

These are just three examples of how far we've come. Imagine what £5 million will make possible.