

Tests and Doctors

September 2010

Some other news: The University of Chicago is holding their celiac disease screening on October 29, from 8:30 until noon. There is no charge for this blood-test screening, but you must register ahead of time. You can find out about this at the website: www.celiacdisease.net, then click on the tab near the bottom of the page “Programs & Events”. This website is also a great source of information on celiac disease and can answer many questions and concerns about celiac and gluten intolerance.

June 2010

We discussed how to obtain further information regarding our lab tests and other diagnostic reports. It’s important to know and understand what’s going on with our bodies but from time to time a physician may not offer or explain adequately. If that occurs, there are a number of things we can do. First of all, ask for a copy of the report for your records before you leave the doctor’s office and ask your doctor to repeat the information. If you realize later that you have further questions, call the doctor’s office, speak with his/her nurse and ask for more information. You can also discuss it with your primary physician. Remember, you have a right to your medical records and every office has a process through which you can obtain them.

March 2010

Especially for those newly diagnosed, you will want to have a follow up blood test one year or perhaps six months after your original diagnosis. This will let you know what your numbers are and you can see if you are still inadvertently consuming gluten. (We’ll discuss tests/numbers/etc., at a future meeting.)

November 2009

The finding is that many more people are gluten sensitive now – tests for gluten intolerance come back negative, but the person just feels so much better eating gluten-free. And be sure to get your vitamin B checked, as malabsorption can affect that a great deal. You may want to ask to have the blood test to check for gluten either 6 months or perhaps 1 year after being diagnosed – to make sure your diet doesn’t have gluten sneaking in somewhere.