

**Carol Shwery DC, CCN**  
**Celiac Disease Symptoms**  
**Checklist**

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

**Step 1: Complete this Celiac Disease Symptoms Checklist**

While the symptoms of celiac vary, suffering from any of these symptoms – especially over time – may indicate that you should ask your doctor for a celiac blood test. Check all that apply to you, or your child.

I (or my child) frequently experience:

Bloating, gas and/or abdominal pain

Diarrhea or constipation

Itchy skin rash

Discolored teeth or loss of enamel

Joint pain

Significant unexplained weight loss

Delayed growth

Fractures or thin bones

Hard to flush bulky or loose stools

Fatigue

Tingling or numbness in hands and feet

Canker sores

Irritability or behavior changes

Poor weight gain

Missed menstrual periods

I (or my child) have been diagnosed with the following illnesses or conditions:

Iron deficiency/anemia

Depression

Type 1 diabetes

Sjogren

S disease

Irritable bowel syndrome

Peripheral neuropathy

Turner Syndrome

Dermatitis herpetiformis

Infertility

Osteoporosis or osteopenia

Thyroid disease

Juvenile idiopathic arthritis

Intestinal cancer

Down Syndrome

Williams Syndrome

Check if you have an immediate family member who has been diagnosed with an autoimmune condition or celiac. Frequently experiencing one or more of the symptoms listed, plus being diagnosed with any one of the diseases or conditions indicate that you have celiac.