



Celiac Disease and Thyroid Disease: The Connection

Researchers have found autoimmune thyroid diseases to be more common in people with CD than in the general population.

The reasons for this relationship are not clear, but these are the facts we do know:

- It is likely CD and thyroid disease will occur together because they are both common autoimmune diseases.
- There is evidence CD may predispose individuals to develop other autoimmune diseases, such as thyroid disease.
- Thyroid disease is often diagnosed before CD; physicians may test for thyroid disease more than CD because it is so common.

What does the thyroid gland do?

Your thyroid is a small gland just below your Adam's apple. This gland produces thyroid hormones whose main job is to regulate metabolism. These hormones affect every system in our body and help to control its functions, for example, temperature regulation.

Thyroid Disease

If your thyroid gland stops producing adequate amounts of hormones it causes your whole body to slow down. This is called hypothyroidism. If your thyroid begins to over-produce hormones it causes your metabolism to significantly increase. This is called hyperthyroidism. Hashimoto's disease and Grave's Disease are two common causes of hypothyroidism and hyperthyroidism (respectively). Both are autoimmune diseases: autoimmune disease basically means your body's immune system is attacking its own tissues.

Grave's Disease

- Your body's immune system attacks the thyroid and causes it to produce too many thyroid hormones (hyperthyroidism).
- Hyperthyroidism is not as common as hypothyroidism.
- Common Symptoms:

Weight loss	Insomnia
Rapid pulse	Irritability
Protruding eyes	Heart Palpitations
Feeling too warm	Diarrhea
Nervousness	Muscle Weakness

Questions to ask your doctor:

Should I take medication for this disease?

How long will I need to take this medicine and how will I know when to stop taking it?

What are the side effects of these medicines?

How often do I need to get my blood drawn to monitor this medicine's effect on my body?

What else can trigger DH?

Should I take nutritional supplements?

Could I have associated food intolerances?

Where can I have a bone density study?

What other concerns should I have?

How can I find out about the diet?

How often should I follow-up with the doctor? With the dietitian?

