



**CELIAC DISEASE FOUNDATION®**

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# HIGH FREQUENCY, PROLONGED DURATION AND SUBSTANTIAL FUNCTIONAL IMPACT OF ACUTE GLUTEN EXPOSURE IN ADULTS WITH CELIAC DISEASE: A LARGE NATIONAL STUDY OF REAL-WORLD BURDEN

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## BACKGROUND

Despite adherence to a gluten-free diet, accidental gluten exposure remains common in celiac disease and can lead to mucosal injury, symptom recurrence, and reduced quality of life. This study quantified the national real-world burden of acute symptomatic episodes.

## METHODS

**National U.S. web-based survey of adults with self-reported biopsy-confirmed celiac disease.**

- Age at least 18 years; living in the United States
- Following a gluten-free diet for more than 12 months
- Reported at least 1 acute symptomatic episode in prior 4 months
- Outcomes: episode frequency, duration, symptom profile, severity, functional impairment, financial burden, and behavior between episodes

**2,001**

Eligible Respondents

**36.3%**

Symptoms lasted 3-4 days

## WHY THIS MATTERS?

Accidental exposure was not just episodic. Respondents reported lasting disruption between episodes, avoidance of social activities, and meaningful economic consequences, supporting a clear unmet need for adjunctive therapies.

**In adults with celiac disease, acute gluten exposure is common, often lasts days, and substantially disrupts daily life despite a gluten-free diet.**

More than two-thirds reported ongoing impact between episodes, and nearly 4 in 5 avoided restaurants, travel, or social situations because of fear of exposure.

## CONCLUSION

In this large national study, acute gluten exposure was frequent, prolonged, and functionally disabling, even among adherent patients. Episodes disrupted work, daily living, and social functioning, with lasting behavioral effects between exposures and meaningful financial consequences. More than 9 in 10 respondents reported measurable economic impact.

These findings establish accidental gluten exposure as a clinically significant unmet need, with overwhelming patient interest in adjunctive therapies.

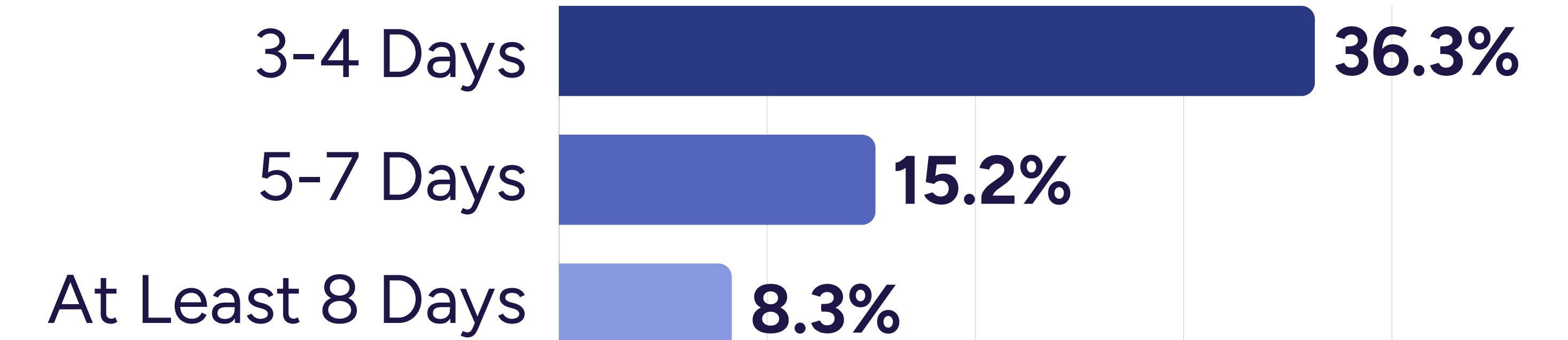
**Most common symptoms:  
abdominal pain, diarrhea, nausea, vomiting, fatigue**

## RESULTS

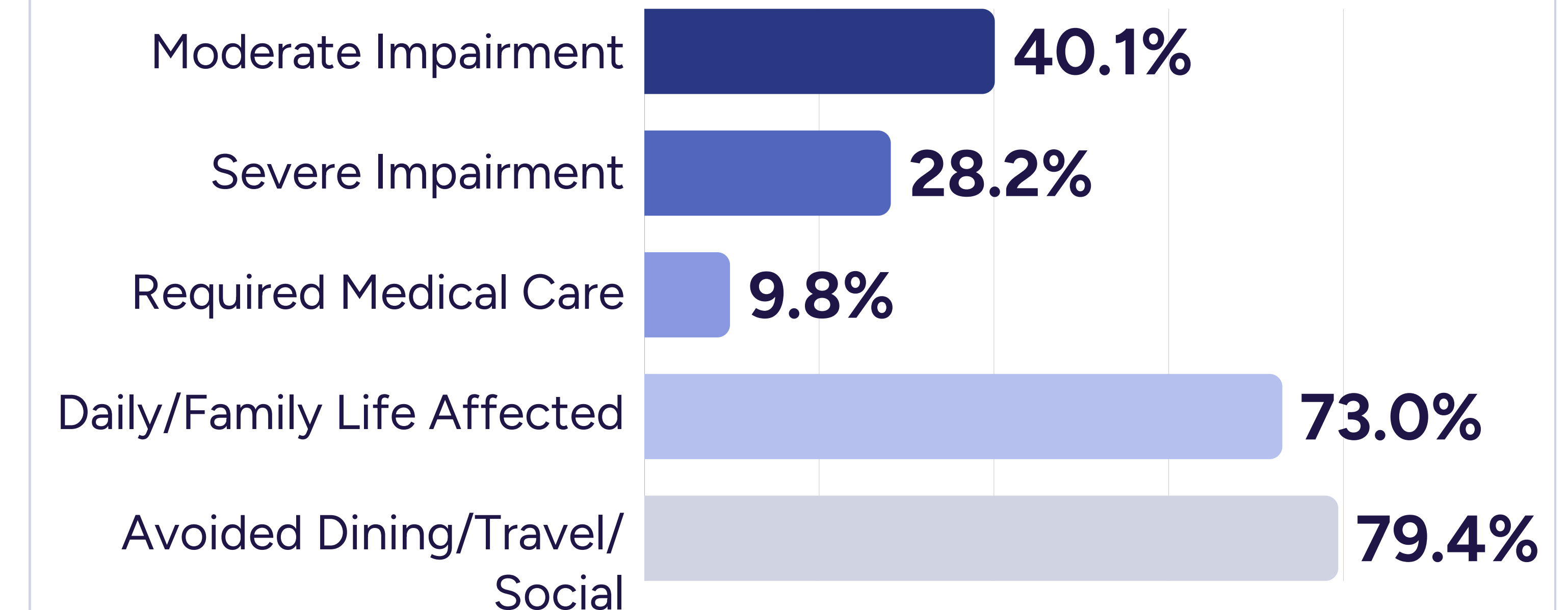
### Episode Frequency



### Episode Duration



### Functional & Behavioral Burden



### Financial Burden & Unmet Need

- More than 90% reported measurable economic consequences
- 91.1% interested in adjunctive therapy

**91.1%**

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