

DOWN'S SYNDROME COELIAC DISEASE/GLUTEN SENSITIVITY

Key Points

(based on DSMIG Clinical Awareness Notes. J Dennis, C.Charlton. G Holmes)

- **Prevalence 4 – 17% depending on age of sample and country of origin**
- **May be associated with type 1 diabetes and/or thyroid disease**
- **Clinical diagnosis difficult because of overlap with normal features of the syndrome therefore need to have low threshold of clinical suspicion**
- **Whole population screening not currently recommended.**
- **AGA screen not useful in DS population. AEA effective**
- **AEA screen for all with major or minor symptoms as follows:**
 - **Disordered bowel function tending to diarrhoea or to new onset constipation**
 - **Failure to thrive as indicated using Down's syndrome specific reference charts (Harlow Printing 2000);**
 - **Abdominal distension**
 - **General unhappiness and misery**
 - **Arthritis**
 - **Rash suggesting dermatitis herpetiformis**
 - **Existing type 1 diabetes, thyroid disease or anaemia**
- **If AEA positive, or if negative but with significant symptoms, proceed to small intestinal biopsy as in general population.**
- **Treat with gluten free diet as for general population**
- **Dietary compliance seems no more problematic than in general population**