

Jan 12, 13 Symposium on Wheat Related Disorder to address celiac issues

Friday, 11 January, 2019, 08 : 00 AM [IST]

Our Bureau, New Delhi

In a bid to discuss and explore the best ways to address the challenges faced by patients with celiac disease and discuss the way forward, the International Symposium on Wheat Related Disorder (ISWD) is being organised on January 12 and 13, 2019, at the India Habitat Centre, New Delhi.

ISWD 2019 is being organised by The Celiac Society of India (CSI) in collaboration with FSSAI (Food Safety and Standards Authority of India) to create awareness about early diagnosis and management of celiac disease. The event will be attended by world authorities from across the globe including professionals from USA, the UK, Germany, Italy, New Zealand and Israel.

Celiac is an autoimmune disease that occurs because of ingestion of a protein, called gluten, which is present in the cereals - wheat and barley. In these patients, the gluten protein is not digested completely and that leads to damage to the small intestinal mucosa (where food is absorbed). With the damage of small intestine, the food is not absorbed and thus, these patients fail to grow in height and weight, develop chronic diarrhoea, anaemia (low haemoglobin), and weakness of bones.

Statistics peg the prevalence of celiac disease at 1% at a global level. Additionally, the prevalence of wheat related disease is about 6% and more than 90% cases remain undiagnosed. In India, about 6 to 8 million Indians are estimated to have this disease, and its prevalence in the North Indian community is 1 in 100.

Wheat is listed among the top eight food allergens and adverse reactions to wheat and wheat protein can be in the form of an allergy, celiac disease, skin rashes (dermatitis) or intolerance also known as non-celiac gluten intolerance (NCGI). Symptoms for allergies could be respiratory, asthma, atopic dermatitis, urticaria, and anaphylaxis. In some individuals, it can remain silent without symptoms.