

Celiac Disease in a Female Collegiate Soccer Athlete: A Case Report

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Overview

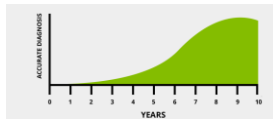
- General information
- What is Celiac?
- Diagnosis and treatment
- Our specific case
- Uniqueness of our case

General Info

NCAA athletes: ~ 361,175
 900-1,800 with Celiac Disease

High school athletes: 12,356,000
 31,000 - 62,000 with Celiac Disease

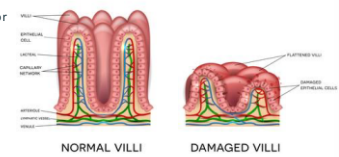
1 in 133 people = 1% of the population



Women v. Men

What is Celiac Disease?

- Gluten-sensitive enteropathy or celiac sprue
- Effects the small intestine
 - Hypersensitive to gluten
- HLA-DQ2 and HLA-DQ8



Case Report

History

- 19 y/o female collegiate soccer athlete
- Diagnosis
 - Prior to arrival at college

S/S

- Extreme fatigue
- Diarrhea
- Nausea
- Joint pain
- Brain fog
- Extreme stomach pain after eating
- Abdominal bloating

Diagnosis

Timeline

- December 2017
 - Blood Work
- February 2018
 - Colonoscopy
 - Endoscopy

Physicians

- Sports Medicine Physician
 - Referral
- GI Physician

Diet (can't eat)

- Wheat
- Barley
- Rye
- Rice
- Rice Flour
- White potatoes
- Dairy (All)
- Refined sugar
- Gluten-free processed foods

Diet (can eat)

Food

- Meats
- Fruits
- Vegetables

Protein Powder/Vitamins

- Egg White Protein Powder
- Pea Plant Protein Powder
- Amino Acids

Medications

- Turmeric
- Digestive Enzymes



Warnings: Pills v. Capsules

Games/Travel Plans

- Meals
 - Restaurants
 - U.S. Department of Justice
 - ADA
 - Freshly
 - Meal Prep
- Game Snacks
- How To Travel

Warnings: Freshly

Uniqueness of Our Case

Treatment

Athlete Knowledge & Education

Food Prep Availability

All based on your athlete!

References

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Questions?