

LYNSEY'S DIAGNOSIS STORY

ART BY CATRIONA LAIRD

I'M LYNSEY.
I WAS DIAGNOSED
WITH COELIAC DISEASE
12 YEARS AGO WHEN
I WAS 20.



WHAT ARE THE SIGNS OF COELIAC DISEASE?

PEOPLE WITH COELIAC DISEASE CAN HAVE A RANGE OF SYMPTOMS: FREQUENT BOUTS OF DIARRHOEA, NAUSEA, FEELING SICK AND VOMITING, STOMACH PAIN AND CRAMPING, GAS AND BLOATING, REGULARLY FEELING TIRED AND ONGOING FATIGUE, ANAEMIA, WEIGHT LOSS, REGULAR MOUTH ULCERS, CONSTIPATION OR HARD STOOLS, OR SKIN RASH.

ANAEMIA,
THAT'S ME.



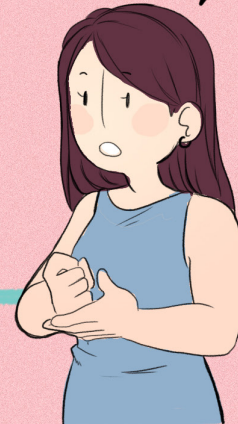
I GET
STOMACH CRAMPS
A LOT.



I REGULARLY
HAVE DIARRHOEA BUT
DON'T KNOW WHY.



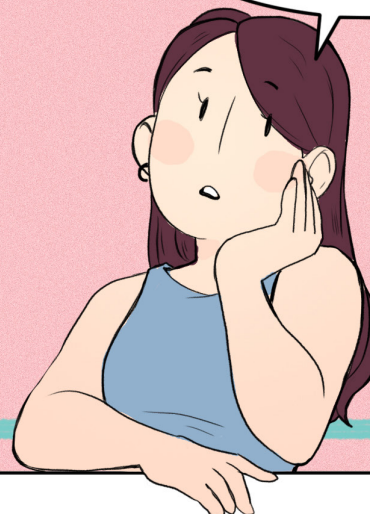
YOU KNOW, IF YOU
KEEP HAVING THESE SYMPTOMS
REGULARLY, YOU SHOULD SEE YOUR
GP AND ASK TO BE TESTED FOR
COELIAC DISEASE.



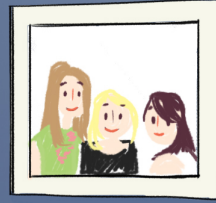
HOW LONG DID IT TAKE
FOR YOU TO BE DIAGNOSED WITH
COELIAC DISEASE?



WELL, IT WASN'T AS
STRAIGHTFORWARD AS I WOULD
HAVE LIKED...



WHEN I WAS 20, I STARTED TO FEEL UNWELL. MY MUM ALREADY HAD COELIAC DISEASE AND EVEN THOUGH NONE OF MY SYMPTOMS MATCHED HERS, WE WERE WORRIED THAT IT MAY BE GENETIC. THAT'S WHEN I DECIDED TO GET TESTED.



MY INITIAL TEST RESULTS CAME BACK NEGATIVE. I WAS DIAGNOSED WITH IRRITABLE BOWEL SYNDROME (IBS). IBS HAS SIMILAR SYMPTOMS TO COELIAC DISEASE.



I WENT TO THE DOCTOR A COUPLE OF TIMES. THEY GAVE ME MEDICINE FOR IBS TO STOP SPASMS BUT MY SYMPTOMS KEPT GETTING WORSE.

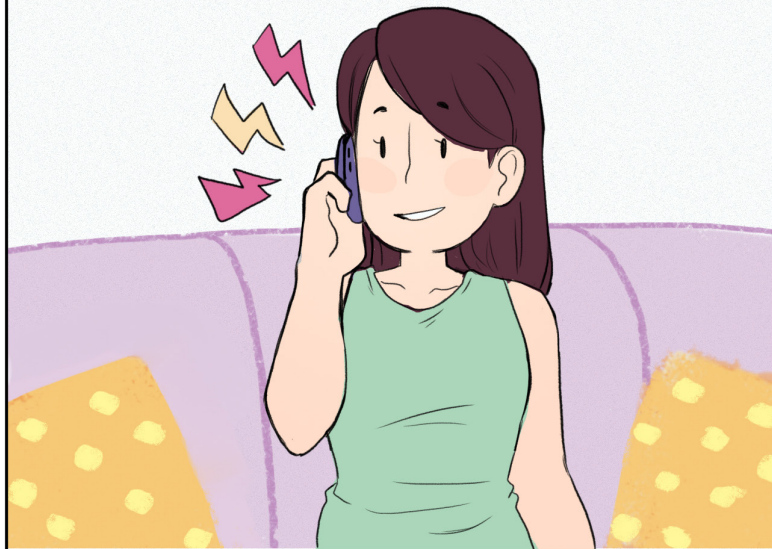
I ASKED FOR ANOTHER BLOOD TEST.

I THINK IT'S JUST STRESS. I CAN TELL JUST LOOKING AT YOU THAT YOU DON'T HAVE COELIAC DISEASE.

OKAY, IF IT HELPS, LET'S RUN ANOTHER TEST.

THIS TIME, THE TEST RESULTS CAME BACK POSITIVE!
AFTER AN ENDOSCOPY, IT WAS CONFIRMED THAT
I HAVE COELIAC DISEASE.

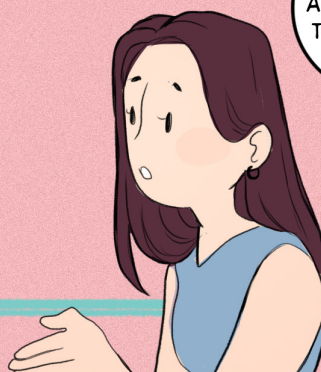
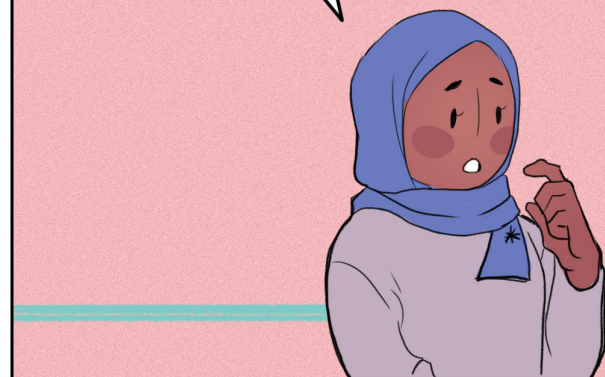
MY CASE ISN'T THAT UNUSUAL.
1 IN 4 PEOPLE WITH COELIAC DISEASE ARE
MISDIAGNOSED WITH IBS. PEOPLE WITH IBS
SHOULD GET TESTED FOR COELIAC DISEASE
IF THEY HAVEN'T ALREADY



MAYBE
I'LL CUT OUT
GLUTEN.

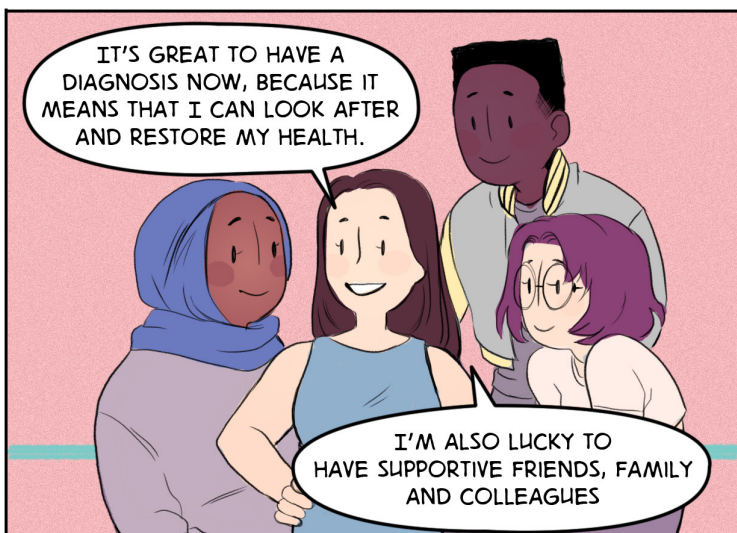
ACTUALLY, YOU SHOULD
MAKE SURE THAT YOU KEEP EATING
GLUTEN UNTIL YOU HAVE A DIAGNOSIS.
OTHERWISE THE TESTS WON'T
BE ACCURATE.

IT'S IMPORTANT THAT GPs
SPOT THE SYMPTOMS QUICKLY. BUT
ALSO THAT PEOPLE WITH SYMPTOMS GO
TO THE GP QUICKLY TOO. THE SOONER
YOU CAN GET A DIAGNOSIS
THE BETTER.



IT'S GREAT TO HAVE A
DIAGNOSIS NOW, BECAUSE IT
MEANS THAT I CAN LOOK AFTER
AND RESTORE MY HEALTH.

I'M ALSO LUCKY TO
HAVE SUPPORTIVE FRIENDS, FAMILY
AND COLLEAGUES



IT'S IMPORTANT THAT
WE EDUCATE OURSELVES
ABOUT COELIAC DISEASE,
AND THERE ARE LOTS OF
GREAT RESOURCES OUT
THERE.

