IBS & Gluten Sensitivity: The North American Experience

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IBS & Gluten Sensitivity
The North American Experience

Celiac disease
~3 million

IBS
~40 million

NCGS
“Dysbiosis”

Wheat intolerance

Gluten
FODMAPs Fructans, galactans
Prebiotic effects
Wheatgerm agglutin (lectin)
Amylase trypsin inhibitors (ATIs)
## Gluten Sensitivity & IBS in North America

### Patient Perspectives

<table>
<thead>
<tr>
<th>Formerly</th>
<th>Currently</th>
</tr>
</thead>
<tbody>
<tr>
<td>Little awareness</td>
<td>Far greater awareness</td>
</tr>
<tr>
<td>Little awareness</td>
<td>Openness to dietary approach to IBS symptoms</td>
</tr>
<tr>
<td>Few following GFD</td>
<td>GFD for NCGS more common than for celiac disease (in some areas)</td>
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<tr>
<td>GFD less accessible</td>
<td>More widely available</td>
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Patient access to GF foods varies
Darker = less available?

**2008 median income by U.S. county** (thousands of $)
- Light green: 53.2 to 111.6
- Yellow: 46.4 to 53.2
- Dark yellow: 42.6 to 46.3
- Orange: 38.7 to 42.6
- Red: 34.4 to 38.7
- Dark red: 19.2 to 34.5
## Gluten Sensitivity & IBS in North America

### Physician Perspectives

<table>
<thead>
<tr>
<th>Formerly</th>
<th>Currently</th>
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<tbody>
<tr>
<td>Little awareness</td>
<td>More awareness - plus skepticism / confusion</td>
</tr>
<tr>
<td>Seldom saw a patient on GFD</td>
<td>More likely to encounter a patient on GFD for NCGS than for celiac disease</td>
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</tbody>
</table>
| Seldom or never recommended trial of GFD for IBS | More likely to consider BUT not confident:  
  No clear guidelines on:  
  • Diagnosis of NCGS  
  • Place of GFD in IBS therapy |
What do physicians want?

High quality
& reproducible
(research) data

Leading to clear:
- Disease definitions
- Diagnostic criteria / (bio)markers
- Practice guidelines on NCGS
Gluten sensitivity — Gluten sensitivity (without overt celiac disease) has been proposed as a cause of functional bowel disorders but there are few convincing studies that have evaluated such a relationship in terms of pathogenesis or treatment of IBS.

It is also unclear if gluten sensitivity is itself a separate clinical entity.”