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**Original article  
 A study of clinical, laboratory features and bone mineral density in newly diagnosed adult patients of celiac disease**

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**Abstract**

**Objective:** To study clinical, laboratory features, bone mineral density in newly diagnosed adult patients of celiac disease .

**Material and Method:** Study sample consist of eighty seven newly diagnosed adult patient of celiac disease. Detailed medical history, drug history, physical examination, complete blood count, erythrocyte sedimentation rate, calcium profile, liver and renal biochemistry, 25-OH-D, Blood sugar were performed. Other investigations like RA factor, CRP, electrolytes, thyroid function tests and anti CCP were performed wherever indicated. Sera of all patients were tested for presence of IgA tissue transglutaminase (TTG) antibody by ELISA using commercially available kits. Antibody titer >50 units was considered positive. BMD of all newly diagnosed patients of celiac disease was done with Pronosco X-posure V.2 based on DXR.

**Results:** Most common presenting symptom was weakness, severe anemia (Hb <7gm%) was found in 46% of patients. Association between patients of celiac disease and osteopenia was highly significant (p<0.001). In present study diabetes mellitus was found in 10 patients and hypothyroidism was found in 14 patients.

**Conclusion:** Celiac disease is a systemic autoimmune syndrome involving a gluten induced chronic inflammation of small bowel mucosa, with extensive short and long term negative health consequences if untreated. Celiac disease is not age dependent and may become active at any age. Screening for celiac disease with serological testing is non invasive and should be considered in Indian patients with suggestive symptoms or refractory anemia or associated autoimmune conditions.

**Key words:** Bone Mineral Density, Celiac Disease, Osteopenia, Autoimmune