

# Questions relating to non coeliac gluten sensitivity (NCGS)

Please type your answers below and print for your records or print this document and complete by hand.

<b>Q1</b>	<b>What is non coeliac gluten sensitivity (NCGS)?</b>
A	
<b>Q2</b>	<b>People with NCGS and people with coeliac disease experience neurological symptoms. What are they and are there any differences in the neurological symptoms experienced by people with NCGS compared with those diagnosed with coeliac disease? (Hadjivassilou M et al. 2016).</b>
A	
<b>Q3</b>	<b>List five possible, non neurological, symptoms of NCGS</b>
A	
<b>Q4</b>	<b>What other immune responses to wheat/gluten can people experience that are different to those experienced in coeliac disease?</b>
A	
<b>Q5</b>	<b>During a double blind gluten challenge what proportion of people with NCGS had a re-occurrence of symptoms that could be specifically attributed to gluten? Do fermentable oligo di- mono- and poly-saccharides (FODMAPs) have any role in the symptoms seen in NCGS? (Zanini et al. 2015)</b>
A	
<b>Q6</b>	<b>What gut mucosal changes are seen in NCGS?</b>
A	

# Questions relating to non coeliac gluten sensitivity (NCGS) continued

Q7	What other bioactive components of wheat, other than gliadin, could be causing symptoms in NCGS?
A	
<b>Additional notes and reflection</b> – please use this space to reflect on your individual practice.	
A	

Are you seeing patients that feel they cannot tolerate gluten or wheat in the diet? Have these individuals been tested for coeliac disease but had negative results? What support could you provide in explaining possible reasons for their symptoms? Are there other healthcare professionals that you work with, where a multi-disciplinary team approach could provide greater support to these individuals? i.e. gastroenterologists, neurologists, GPs, dietitians...

After answering these questions, should you require any further information, please contact us at [lorna.gardner@coeliac.org.uk](mailto:lorna.gardner@coeliac.org.uk). You can also discuss this further on our HCP forum: [www.coeliac.org.uk/hcp-forum](http://www.coeliac.org.uk/hcp-forum).

## References

- Hadjivassiliou M, Rao DG, Grinewald RA et al. (2016) Neurological Dysfunction in Coeliac Disease and Non-Coeliac Gluten Sensitivity. *Am J Gastroenterol* 111, 4 ; 561-7
- Zanini B, Basche R, Ferraresi A et al. (2015) Randomised clinical study: gluten challenge induces symptom recurrence in only a minority of patients who meet clinical criteria for non-coeliac gluten sensitivity *Aliment Pharmacol Ther* 42, 8; 968-76