

# WHAT IS GLUTEN ATAXIA?

## The Cause

Gluten ataxia is caused by the ingestion of tiny amounts of gluten, found in wheat, barley and rye, by individuals who are known to be sensitive, with or without having coeliac disease

## Neurological Symptoms

Patients with gluten ataxia have problems with coordination, brain fog, balance, be at risk of falling, and may have other autoimmune conditions

## Treatments

Strict adherence to a gluten free diet is essential for recovery. The earlier the treatment the better the recovery

## Impact on Everyday Life

Delayed diagnosis of gluten ataxia can result in permanent disability. Some patients will require the assistance of a wheel chair

## Hopes for the future

That patients presenting with ataxia be tested early for gluten sensitivity using the correct serological tests to avoid permanent disability

## What needs to change?

Ignorance of the condition by professionals and others that gluten sensitivity in the general population is far more prevalent than many would believe

Gluten ataxia is a condition that blights lives and ongoing research requires greater funding and collaboration to understand its mechanisms

## Sheffield Institute of Gluten Related Disorders

Coeliac UK [www.coeliac.org.uk](http://www.coeliac.org.uk)

Ataxia UK [www.ataxia.org.uk](http://www.ataxia.org.uk)

## Publication

Hadjivassiliou M, Sanders DS, Grünewald RA et al.

Gluten sensitivity from gut to brain.

Lancet Neurol. 2010 Mar; 9 (3) : 318-30

<https://www.ncbi.nlm.nih.gov/pubmed/20170845>