

Could it be Celiac?



Sonia, Age 40

I hope no other Canadian has to go through the experience that I did.

After being a relatively healthy person throughout my life, I started getting sick. I had trouble speaking. My balance was off. And I had numbness and tingling on the left side of my body.

Numerous tests ruled out a potential stroke or migraines. The symptoms grew worse. I had constant vertigo, fatigue, facial numbness, memory recall issues, and sometimes headaches, ear pain, blurred vision, stuttering, confusion, nerve pain in my jaw and even sores on my body.

For four years, I made multiple trips to the hospital. I saw so many doctors and did so many tests, that I felt like a human science experiment.

At my lowest point, my neurologist referred me to a psychiatrist, believing that maybe this was all in my head. I felt so frustrated and unheard. Luckily, my GP suggested I get a second opinion. The new neurologist ran the tests for celiac disease, and I finally had my answer. It was celiac disease that was attacking my body and causing these debilitating symptoms. Within two weeks on a gluten-free diet, I felt like my old self again. Sonia came back.

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