

Level 1

Non Celiac Enteropathy

Subtitle: Damage to the Small Intestine Not Caused by Celiac Disease

KEY POINTS:

- Enteropathy is ongoing damage or irritation and swelling to the small intestine.
- There are many causes of this damage including drugs, infections and diseases. ¹⁻³
- Celiac disease (CD) is the most common cause of enteropathy in western countries. But not everyone with enteropathy has CD.
- Non celiac enteropathy (NCE) is the injury to the intestine not caused by CD.
- Symptoms of NCE are similar to CD. Some symptoms may improve on a gluten-free diet (GFD) for some patients.
- It is often hard to separate CD from NCE if you only look at symptoms and response to the GFD.
- Signs of NCE may be damage to the small intestine, a normal initial tTG test result on a regular diet, and no improvement of damage to the small intestine on GFD.
- NCE can often be confirmed by negative genetic testing (HLA-DQ2/DQ8).
- It is important to learn the actual cause of small intestinal damage in order to get proper treatment.

TAKE HOME MESSAGES:

1. CD and NCE both can have similar symptoms and small intestinal damage.
2. Symptom improvement on a GFD alone cannot determine the difference between CD from NCE.
3. Knowing the cause of NCE is important in order to get proper treatment.

References:

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2. DeGaetani M, Tennyson CA. Villous atrophy and negative celiac serology: a diagnostic and therapeutic dilemma. *Am J Gastroenterol.* 2013 May; 108(5):647-53.
3. Rubio-Tapia A, Hill ID, Kelly CP, Calderwood AH, Murray JA, ACG Clinical Guidelines: Diagnosis and Management of celiac disease. 2013, *Am J Gastroenterol* 108:656-676.

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