

DR. LINDSEY PEARSON'S RECOMMENDATIONS FOR ANNUAL SCREENING
FOR PEOPLE WITH CELIAC DISEASE

LABORATORY TESTING

Basic Blood Work

- ⤴ The anti-tissue transglutaminase (tTG) IgA & IgG, with total IgA levels
- ⤴ The anti-deamidated gliadin peptides (DGP) IgA & IgG
- ⤴ Comprehensive Metabolic Panel: Glucose, Liver & Kidney Function, Electrolytes, Calcium and Protein Levels
- ⤴ Complete Blood Count (CBC) with Differential and Platelet Count: White & Red Blood Cell Counts, Hemoglobin, Hematocrit, Platelets, and Differential of White Blood Cells
- ⤴ Vitamin D3 25-Hydroxy
- ⤴ Vitamin K1
- ⤴ Vitamin A
- ⤴ Vitamin E
- ⤴ Vitamins B₁₂, B₆, Folate
- ⤴ Methylmalonic Acid (MMA) & Homocysteine (tHcy)
- ⤴ Ferritin
- ⤴ Urinalysis with Reflex to Culture if Positive
- ⤴ Iron & TIBC
- ⤴ C-Reactive Protein (CRP) & hs-CRP
- ⤴ Lipid Panel: Total Cholesterol, HDL, LDL, Triglycerides

Dr. Pearson's Suggested Expanded Testing

- ⤴ ANA with Reflex if Positive: Screen for Lupus, Sjogren's, and other autoimmune conditions
- ⤴ TSH, Free T3, Free T4: Thyroid Function Screening
- ⤴ Anti-Thyroid Peroxidase and Anti-thyroglobulin Antibody Levels: Screening for Autoimmune Hypothyroidism Known as Hashimoto's Thyroiditis
- ⤴ Prothrombin Time: Blood Clotting Function Screening
- ⤴ Total Immunoglobulin A, E, G & M Levels – To screen Immune Function & Antigenic Load
- ⤴ Adrenal Testing: AM Cortisol, DHEA-Sulfate, Salivary Cortisol x6 Samples, RBC Magnesium Levels
- ⤴ Hormone Testing: Estradiol, Progesterone, LH/FSH, Testosterone Total & % Free, DHT

IMAGING

- ⤴ DEXA Scan – Bone Density Testing, Baseline then recommended follow up as directed
- ⤴ Endoscopy & Colonoscopy – Every 3 to 5 years or as directed by doctor

DIETARY COUNSELING

- ⤴ Registered Dietician Consult – Once to twice yearly with dietician who is well versed in celiac disease; increase as needed for proper nutrition

REINFORCEMENT & EDUCATION

- ⤴ Monthly Contact with Celiac Physician – need to find a doctor who is very knowledgeable on celiac disease. Patients may have to go out of network for such specialists, such as Dr. Pearson
- ⤴ Membership in Advocacy Group – such as the Southern Arizona Celiac Support Group

Dr. Pearson is the head of SACS' Medical Advisory Board and practices integrative internal medicine, specializing in gastroenterology & endocrinology at LP Internal Medicine located at 899 N. Wilmot Road, Suite D1 in Tucson near St. Joseph's Hospital. Dr. Pearson is an out-of-network provider with insurance companies and provides time of service discounts for under-insured & non-insured patients. Dr. Pearson may be reached by email at LPearson@LPInternalMedicine.com Appointments: 520.302.4033 More info at LPInternalMedicine.com