

Gluten-free diet benefits asymptomatic EmA+ adults

September 2 2014



Asymptomatic individuals with endomysial antibodies benefit from a gluten-free diet, according to a study published in the September issue of *Gastroenterology*.

(HealthDay)—Asymptomatic individuals with endomysial antibodies (EmA) benefit from a gluten-free diet (GFD), according to a study published in the September issue of *Gastroenterology*.

Kalle Kurppa, M.D., Ph.D., from the University of Tampere in Finland, and colleagues randomized 40 individuals who were at risk for celiac disease based on screens for EmA to a GFD or gluten-containing diet for one year. After the one-year evaluation, the group on the gluten-containing diet started a GFD, while subjects in the GFD group remained on this diet.

The researchers found that the mean mucosal villous height:crypt depth values increased (P bone mineral density, and body composition did not

differ between groups. When [patients](#) in the gluten-containing diet group were placed on GFDs, most measured parameters improved.

"GFDs benefit asymptomatic EmA-positive patients," the authors write. "The results support active screening of patients at risk for [celiac disease](#)."

More information: [Abstract](#)

[Full Text](#)

[Editorial](#)

Copyright © 2014 [HealthDay](#). All rights reserved.

Citation: Gluten-free diet benefits asymptomatic EmA+ adults (2014, September 2) retrieved 25 April 2024 from <https://medicalxpress.com/news/2014-09-gluten-free-diet-benefits-asymptomatic-ema.html>

<p>This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.</p>
--