

Gluten-free diet benefits asymptomatic EmA+ adults

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[Editorial](#)



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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](#)
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