Duodenal biopsies in coeliac disease and non coeliac gluten sensitivity. A series of three cases

Abstract

Describe a series of three cases in which gluten intolerance is suspected; two of them with CD (Marsh 3B, negative IgA anti-TGt and IgA anti-DGP and positive IgG anti-DGP) and one with NCGS (negative IgA anti-TGt and IgA anti-DGP and positive IgG anti-GDP). EDB confirmed CD in cases one and two and NCGS in case three has and negative IgE-WA.

Keywords: gluten intolerance, coeliac disease, IgE wheat allergy, IgG anti-gliadin, IgA anti-tissue trans-glutaminase antibodies, non coeliac gluten sensitivity, endoscopic duodenal biopsies, gluten intolerance, gluten diet, gluten free diet

Introduction

CD is a chronic immune-mediated enteropathy triggered by exposure to gluten in genetically predisposed individual,1 is a common autoimmune disorder, affecting ~1% of the population in many regions of the world.2,3 CD is genetically based and prevalence is enriched in patients with family history of CD or a personal history of autoimmune disease, including thyroid, liver, and type 1 diabetes mellitus.4 Symptoms of undiagnosed CD can range from subclinical to severe malabsorption, known as celiac crisis.5

CD is diagnosed by IgA anti-TGt and IgA anti-endomycium,6,7 5% can have negative results.8 The definitional and diagnostic criteria of GSE have been based entirely on the histopathologic alterations of the proximal small bowel mucosa.9,10 NCGS patients develop symptoms when they ingest gluten, subsided when they are on GFD, serologic markers IgA anti-TGt and IgA anti-DGP and IgE-WA are negative.11 We describe clinical and follow up findings, immunology, histology and genetics in a small series of three cases, two with CD, and one with NCGS.

Cases

i. Female developed, since 13 through 17 years old, bloating and abdominal pain associated with facial and legs edema; her symptoms improved with GFD, and worsen when she eats gluten. Although she runs seven kilometers a day, bloating is permanent and maintains an abdominal circumference of 98cm. After two weeks on GFD, facial and legs edema disappeared and abdominal circumference diminished to 77cm (21cm).

ii. 36 year old female, her symptoms are since 19 years old: diarrhea, bloating and abdominal pain during and after meals. These symptoms disappeared after two weeks on GFD.

iii. 12 year old boy, with chronic constipation since first months of life, his bowel movements are one every 10 to 14 days, to one to three per day, without strain and pain and without laxatives. The time during bowel movements diminished from 30-60 to less than 10 minutes.

Discussion

We report three patients with suspected gluten intolerance; cases 1 and 2 have negative IgA anti-TGt and IgA anti-DGP and positive IgG anti-DGP; duodenal biopsies are Marsh 3b.6 Only case 2 has positive HLA-DQ8 haplotype, case 1 was not done (Figure 1) (Table 1).

Case 3 is a NCGS in which chronic constipation disappeared while on GFD for one week. IgA anti-TGt and IgA anti-DGP are negative, IgG anti-DGP is positive, and has Marsh 1 on duodenal biopsies; he also has negative HLA-DQ2 and HLA-Q8.

By clinical findings, the correct diagnosis of CD and NCGS cannot be done. CD, cases one and two, have chronic bloating and abdominal pain; case one has facial and legs edema; and case two, has chronic diarrhea. The correct diagnosis has to be made by serologic markers (IgA anti-TGt and IgA anti-DGP) when there is no IgA deficiency, and when, they are negative, duodenal biopsies have to be done to confirm or rule out CD.
Table 1  Sex, age, symptoms, immunology tests, pathology findings and haplotypes

<table>
<thead>
<tr>
<th>Case</th>
<th>Gender</th>
<th>Age (Years)</th>
<th>Symptoms</th>
<th>CD antibodies</th>
<th>Pathology</th>
<th>Haplotypes</th>
<th>IgE-W</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Female</td>
<td>17</td>
<td>Bloating, abdominal pain, facial and legs edema</td>
<td>Positive</td>
<td>IgA anti-Gd Negative</td>
<td>Negative 3b</td>
<td>Not done</td>
</tr>
<tr>
<td>2</td>
<td>Female</td>
<td>36</td>
<td>Bloating, abdominal pain, chronic diarrhea</td>
<td>Positive</td>
<td>IgA anti-Gd Negative</td>
<td>Negative 3b</td>
<td>HLA-DQ8</td>
</tr>
<tr>
<td>3</td>
<td>Male</td>
<td>12</td>
<td>Chronic constipation, excessive strain and pain, bloody striae during bowel movements</td>
<td>Positive</td>
<td>IgA antiTGt Negative</td>
<td>Negative 1</td>
<td>Negative</td>
</tr>
</tbody>
</table>

When physicians think their patients could have GI, because they have chronic digestive symptoms: diarrhoea, constipation, bloating, abdominal pain; or extra-intestinal: migraine, recurrent mouth ulcers, enamel defects, chronic dermatitis, herpetiform dermatitis, metabolic bone disease, arthralgias, arthritis, refractory anaemia to iron, vit B12 or folic acid, ataxia, epileptic convulsions, depression, first degree relative with CD or auto-immune disease, they have to continue looking for CD, in first instance with serological biomarkers, followed by endoscopic duodenal biopsies.

When IgA anti-TGt and IgA anti-DGP are negative, duodenal biopsies Marsh 2, 3 or 4 confirm CD; or rule out with Marsh 0; but if biopsies are Marsh 1, the haplotypes have the major importance, since if they are negative, CD is rule out and NCGS is confirmed. When IgA anti-TGt and IgA anti-DGP are negative and has positive IgG anti-DGP, in a suspected patient, with Marsh 0 or 1, and with negative HLA-Q2 and HLA.DQ8, the diagnosis is NCGS so, the next step, is follow the patient with GFD for one year and revalorate with new tests. What is known:

a. CD is an immune disease with genetic relation to HLA haplotypes, HLA-DQ2 and DQ8.

b. NCGS has been described in last four decades, and has not diagnostic serologic marker; in 2012, in a series, IgG anti-DGP is elevated in 56% of them.

c. CD can be Marsh 1 to 4, NGCD can be 0 or 1.

What should be known for clinical practitioners

GI exists in three different settings

i. CD: CD is 1% of population. Genetic backgrounds related to HLA leucocyte, DQ2 and DQ8 classes. Is for life once the diagnosis is made, the only efficient treatment is GFD for life.

ii. NCGS: NCGS is an emergent entity, which produces digestive symptoms...
Duodenal biopsies in coeliac disease and non coeliac gluten sensitivity, with negative immune serology. A series of three cases

and extra-digestive symptoms when gluten is ingested; symptoms disappeared shortly after on GFD, and relapsed when are on GD. IgG anti-G is elevated in approximately 50%, and duodenal mucosal biopsies are Marsh 0 or 1. It can be six times more frequent than CD. Non-coeliac gluten or wheat protein sensitivity is a syndrome characterized by both gastrointestinal and extra-intestinal symptoms related to the ingestion of gluten and possibly other wheat proteins in people who do not have coeliac disease or wheat allergy recognized by diagnostic tests.12

iii. WA: Allergy to wheat is related to an elevated IgE to wheat. It occurs on 0.1% of population.

Acknowledgments

None.

Conflict of interest

Author declared that there is no conflict of interest.

References